



*building brighter futures for our children and families*

## fall class schedule 2019

### September

#### Parenting Apart Without Tears

\$60 | 3 sessions

Wednesdays | September 4 - 18 | 6:00-8:00pm

#### Mindfulness Program for Parents and Children (ages 10+)

\$90 | 6 sessions

Mondays | September 23 - October 28 | 6:00-7:30pm

#### Handling Anger: Mine and My Child's

\$90 | 6 sessions

Tuesdays | September 24 - October 29 | 6:00-8:00pm

#### Raising Resilient Children

Kaiser Medical Office Building 2  
401 Bicentennial Way, Santa Rosa

\$15 for Kaiser members | 1 session

\$20 for non-members | 1 session

Wednesday | September 25 | 6:00-8:00pm

### October

#### Positive Parenting (ages 2-12)

\$90 | 6 sessions

Tuesdays | October 1 - November 5 | 6:30-8:00pm



#### Raising a Child with an Ex-Partner

\$20 | 1 session

Thursday | October 3 | 6:30-8:30pm

#### Parenting and Coping with Stress

\$90 | 6 sessions

Fridays | October 4 - November 8 | 6:30-8:00pm

#### Parenting Teens Series

\$60 | 3 sessions

Tuesdays | October 8 - 22 | 6:00-8:00pm

#### Guiding Your Toddler and Preschooler

YMCA 1111 College Ave, Santa Rosa  
(child care available for a small fee)

\$60 | 3 sessions

Thursdays | October 10 - 24 | 6:00-7:30pm

#### Raising Sons

\$20 | 1 session

Thursday | October 10 | 6:00-8:00pm

#### Embracing Your Child with ADD/ADHD

\$20 | 1 session

Tuesday | October 29 | 6:00-8:00pm

### November

#### Raising Daughters

\$20 | 1 session

Wednesday | November 6 | 6:00-8:00pm

#### Parenting Apart Without Tears

\$60 | 3 sessions

Wednesdays | November 6 - 20 | 6:00-8:00pm

#### Managing Family Anger

\$60 | 3 sessions

Thursdays | November 7 - 21 | 6:30-8:30pm

#### Positive Parenting for Fathers

\$90 | 6 sessions

Tuesdays | November 12 - December 17 | 6:30-8:00pm



#### Handling Anger: Mine and My Child's

\$90 | 6 sessions

Tuesdays | November 12 - December 17 | 6:00-8:00pm

#### Positive Parenting for All Ages

\$70 | 4 sessions

Mondays | November 25 - December 16 | 6:00-8:00pm



#### Raising Resilient Children

Kaiser Medical Office Building 2  
401 Bicentennial Way, Santa Rosa

\$15 for Kaiser members | 1 session

\$20 for non-members | 1 session

Wednesday | November 27 | 6:00-8:00pm

### December

#### Raising a Child with an Ex-Partner

\$20 | 1 session

Thursday | December 5 | 6:30-8:30pm

#### Single and Parenting

\$60 | 3 sessions

Fridays | December 6 - 20 | 6:30-8:30pm

#### Embracing Your Child with ADD/ADHD

\$20 | 1 session

Tuesday | December 10 | 6:00-8:00pm



child parent institute

**to register for classes:** visit [calparents.org/](http://calparents.org/) classes or call (707) 585-6108 x1240. Full payment is due at time of registration. Unless otherwise noted, all classes are held at 3642 Standish Avenue, Santa Rosa, CA 95407.

# fall class schedule 2019

## Triple P Online

**Triple P Online (ages 2-12) or  
Teen Triple P Online**

\$100 | 6-8 week online class

Great for parents on the go. Includes the assignment of an experienced parent educator. For more information, please call (707) 585-6108 x1240.



## Parenting Consultation

**Meet with an experienced parent educator for a one-on-one consultation either on site at CPI or in your home.**

\$30 for 1/2 hour at CPI or over the phone

\$50 for 1 hour at CPI or over the phone

\$100 per hour in your home

Call (707) 585-6108 x1240 to schedule.



## Support Groups

**Parents of Children with Autism & Similar Challenges**

FREE | Drop in, no need to register.

1st Thursday of every month | 9:00-11:00am

September 5, October 3, November 7, December 5

**Parenting Through Recovery from North Bay Fires**

For parents who have lost their homes in the 2017 fires.

FREE | Drop in, no need to register.

Alternate Fridays | 9:00-10:30am

September 6, September 20, October 4, October 18,

November 1, November 15, December 6

## Child & Family Counseling Services

**Childhood trauma can have a huge impact on our adult lives -- left unprocessed, it can shape who we become as parents.**

At the Child Parent Institute, we understand that addressing childhood trauma is essential to the wellness of our community, and it is the reason why we have expanded our mental health services to serve all of Sonoma County -- children, youth, and now, parents.

In addition to our parent education and parent support services, CPI is proud to offer mental health services to the entire family.

Our Child and Family Counseling Clinic now accepts:

- Private pay using a sliding scale for any child, youth, or parent
- Beacon (Medi-Cal/Partnership)
- Victim Assistance

Sliding scale fees, based on your income, ability to pay, and other health care coverage, are determined in consultation with a CPI Intake Specialist and can be used for any child, youth, or parent.

Parents, family members, or caregivers are all welcome to call for an appointment themselves.

Physicians, private practitioners, schools, or other public and private agencies may make referrals.

To set up a free intake consultation, please call (707) 284-1500.



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SOCIAL MEDIA!**

# horario de clases otoño 2019

## Clases en Español

**Bienestar a Través de la Conciencia, Cuidado Personal y Expresión**

La Plaza: Nuestra Cultura Cura

Abraham Lincoln Elementary

850 West Ninth St, Santa Rosa

Gratis para residentes de Santa Rosa | 8 sesiones

Jueves | 29 de Agosto al 17 de Octubre | 6:00-8:00pm

**Disciplina Positiva**

\$60 | 3 sesiones

Jueves | 5 al 19 de Septiembre | 6:00-8:00pm



**Aprendiendo a Manejar Mi Enojo y el de Mis Hijos**

\$70 | 4 sesiones

Lunes | 9 al 30 de Septiembre | 6:00-8:00pm

**Criando un Niño con una Ex-Pareja**

\$20 | 1 sesión

Jueves | 12 de Septiembre | 6:30-8:30pm

**Criando Niños Resistentes**

Kaiser Medical Office Building 2

401 Bicentennial Way, Santa Rosa

\$15 por miembro de Kaiser | 1 sesión

\$20 si no es miembro de Kaiser | 1 sesión

Miércoles | 18 de Septiembre | 6:00-8:00pm

**Disciplina en Dos Hogares**

\$20 | 1 sesión

Miércoles | 25 de Septiembre | 6:00-8:00pm

**Manejando Conflicto Familiar**

\$40 | 2 sesiones

Jueves | 17 al 24 de Octubre | 6:30-8:30pm

**Disciplina Positiva**

\$60 | 3 sesiones

Miércoles | 6 al 20 de Noviembre | 6:00-8:00pm



**Criando un Niño con una Ex-Pareja**

\$20 | 1 sesión

Jueves | 12 de Diciembre | 6:30-8:30pm



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**para registrarse:** Regístrese via internet en [www.calparents.org/classes](http://www.calparents.org/classes), o llame al (707) 585-6108 x 1240. El pago de la clase es requerido al momento de registrarse. Todas las clases tomaran lugar en 3642 Standish Avenue, Santa Rosa, CA 95407. Al menos que se indique algo diferente.