

## child parent institute

building brighter futures for our children and families

# summer class schedule 2019

## May

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

\$90 | 6 sessions Mondays | May 6 - June 17 | 6:00-8:00pm

### Parenting Apart Without Tears

\$60 | 3 sessions Thursdays | May 9 - 23 | 5:30-7:30pm

### Positive Parenting for Fathers

\$60 | 3 sessions Wednesdays | May 15 - 29 | 6:30-8:00pm

## June

#### **Parenting Teens Series**

\$60 | 3 sessions Tuesdays | June 4 - 18 | 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 | June 5 | 6:00-8:00pm

#### Managing Family Anger

\$60 | 3 sessions Thursdays | June 6 - 20 | 6:30-8:30pm

## Handling Anger: Mine and My Child's

\$90 | 6 sessions Tuesdays | June 11 - July 16 | 6:00-8:00pm

### Raising Responsible Young Adults

\$20 | 1 session Wednesday | June 12 | 6:30-8:00pm

### **Raising Sons**

\$20 | 1 session Thursday | June 13 | 5:30-7:30pm

#### Single and Parenting

\$60 | 3 sessions Fridays | June 14 - 28 | 6:30-8:30pm

## Positive Parenting (ages 2-12)

\$90 | 6 sessions | Wednesdays | June 19 - July 24 | 6:30-8:00pm

## July

#### **Raising Daughters**

\$20 | 1 session Monday | July 8 | 6:00-8:00pm

#### Parenting Apart Without Tears

\$60 | 3 sessions Thursdays | July 11 - 25 | 5:30-7:30pm

#### Parenting and Coping with Stress

\$90 | 6 sessions Fridays | July 12 - August 16 | 6:30-8:00pm

### Imagine You

\$20 | 1 session Thursday | July 18 | 6:00-7:30pm

# August

#### Embracing Your Child with ADD/ADHD

\$20 | 1 session Tuesday | August 6 | 6:00-8:0<mark>0pm</mark>

### Positive Parenting for All Ages

\$70 | 4 sessions Wednesdays | August 7 - 28 | 6:00-8:00pm

#### Managing Family Anger

\$60 | 3 sessions Thursdays | August 15 - 29 | 6:30-8:30pm

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

\$20 | 1 session Thursday | August 15 | 5:30-7:30pm

#### 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 | August 21 | 6:00-8:00pm

### Single and Parenting

\$60 | 3 sessions Fridays | August 30 - September 13 | 6:30-8:30pm

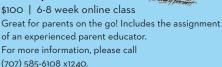


to register for classes: visit calparents.org/classes or call (707) 585-6108 x1240. Full payment is due at time of registration. Unless otherwise noted, all classes are held at 3642 Standish Avenue. Santa Rosa. CA 95407.

# summer class schedule 2019

## Triple P Online

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



# Create Your Own Parenting Class

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.

# Co-Parent Counseling

### Sliding scale \$40-\$80 per parent

Monday - Friday during business hours, 9:00am - 5:00pm. For more information, please contact Dayna Adams at (707) 585-6108 x1146.

# Support Groups

#### Parents of Children with Autism and Similar Issues

FREE | Drop in, no registration required 1st Thursday of every month (No group in July) Thursday | May 2 | 9:00-11:00am Thursday | June 6 | 9:00-11:00am

Thursday | August 1 | 9:00-11:00am



A drop-in group for parents who have lost their homes in the recent fires.

FREE | Drop in, no registration required Friday | May 10 | 9:00-10:30am Friday | July 12 | 9:00-10:30am





# horario de clases verano 2019

# Clases en Español

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

\$70 | 4 sesiones Lunes | 3 al 24 de Junio | 6:00-8:00pm

### Criando un Niño con una Ex-Pareja

\$20 | 1 sesión Martes | 11 de Junio | 6:30-8:30pm

#### Imagine You (En Español)

\$20 | 1 sesión

Jueves | 20 de Junio | 6:00-7:30pm

Disciplina Positiva \$60 | 3 sesiones



Miércoles | 26 de Junio al 10 de Julio | 6:00-8:00pm

### Manejando Conflicto Familiar

\$40 | 2 sesiones

Jueves | 18 al 25 de Julio | 6:30-8:30pm

#### Disciplina en Dos Hogares

\$20 | 1 sesión

Jueves | 25 de Julio | 6:00-8:00pm







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para registrarse: Registrese via internet en 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,