



**c.a.r.e. Parenting Skills Classes
Winter– Spring 2011**

Class Registration

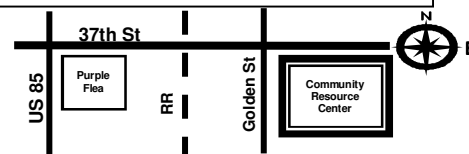
For all locations call: (970) 356-6751

<p>Jack Meakins Community Resource Center 3700 Golden Street Evans</p>	<p>Jack Meakins Community Resource Center 3700 Golden Street Evans</p>
<p>Monday Evenings 6-8 pm Fee: \$50 Starting: February 7 through May 2</p> <p>The Nurturing Program for Families 0-4 yr olds A 12 week class focusing on the development of empathy, self worth, self awareness, discipline with dignity, family roles, child development and expectations. Workbook included. Includes a shaken baby simulator, a fetal alcohol syndrome manikin and a drug affected baby demonstrator.</p> <p>Children's Program Available</p>	<p>Los Viernes por el mediodia- 1:00-3:00pm Costo: \$25 Comienza: Febrero 4 asta Abril 8; Abril 15 asta Junio 17</p> <p>Strengthening Latino Families / El Fortalecimiento de las Familias Latinas Un programa gratis que le enseña: Como mejorar la comunicaci3n con sus hijos, Como recuperar o mantener su posici3n de l3der en su hogar, Como mejorar la disciplina y el respeto en su familia, Como hablar con sus hijos acerca de temas dif3ciles como la sexualidad</p> <p>Programa de ni3os disponible.</p>
<p>Wednesday Evening 6-8 pm Fee: \$50 Starting: April 6 through June 22</p> <p>The Nurturing Program for Families 5-12 yr olds A 12 week class focusing on the development of empathy, self worth, self awareness, discipline with dignity, family roles, child development and expectations. Workbook included.</p> <p>Children's Program Available</p>	<p>Wednesday Evenings 6-8 pm Fee: \$25 Feb 2, 9, 16, 23 June 8, 15, 22, 29</p> <p>Parenting Your Teenager In this 4 week class you will develop a better understanding of adolescence and more effective methods of interacting with your teen on a daily basis.</p> <p>NO Children's Program Available</p>
<p>Nurturing Skills for Teen Parents Location and time TBA</p> <p>8 week class focusing on issues related to being a teenage parent. Some lessons include how to help children build their self-esteem, infant massage, and discipline using the nurturing philosophy. Includes a shaken baby simulator, a fetal alcohol syndrome manikin and a drug affected baby demonstrator.</p> <p>Please call (970) 356-6751 for dates and more details Children's Program Available</p>	<p>Wednesday Evenings 6-8 pm Fee: \$25 Jan 5, 12, 19, 26 Mar 2, 9, 16, 23 May 4, 11, 18, 25</p> <p>RETHINK: Anger Management for Parents Learn how to manage your own response to your children's challenging behaviors. A 4 week class that will help parents understand child development, recognize anger triggers and learn techniques to help increase positive parenting.</p> <p>Children's Program Available</p>
<p>Co-Parenting After Divorce Fee: \$40</p> <p>English: 2nd Sat. of every month 8:30am–12:30pm Jan 8 Feb 12 Mar 12 Apr 9 May 14 Jun 11 Jul 9</p> <p>Spanish: 3rd Sat. of every other month 8:30am-12:30pm Jan 15 Mar 19 May 21 Jul 16</p> <p><i>This class meets the court requirements for divorcing parents. Join us for our 4 hour workshop and learn the skills needed to help your family through this challenging time.</i></p> <p>Must Register in Advance. NO childcare available.</p>	<p>Shaken Baby Simulator Funded by Promises For Children</p> <p>Life size infant electronic simulator which measures the force of the brain when shaken. The curriculum addresses the many serious disabilities a child may suffer as a result of shaking.</p> <p>Promises for Children Weld County's Early Childhood Council</p> <p>Available for community workshops and events.</p>

ONE HOUR WORKSHOPS on Ten steps of Parenting the SUPER NANNY WAY.
Contact Liz Hardy at 970-356-6751 X 308



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To register or for more information call, 356-6751