

Fall 2021 Parenting Classes

 zoom • In-Person • Free • Childcare provided

Register for any these classes at capsosalina.org/parenting-classes/

Cooperative Parenting in Divorce

Mondays, Sept. 13 - Oct. 25

6:00 - 8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

IF SOCIAL DISTANCING CANNOT BE MAINTAINED, MASKS WILL BE REQUIRED

Katy Vinson and Ingrid Pohl, MS, CAPS Parent Educators. Pre-registration required for childcare.

This 7-session course will assist divorcing or divorced parents in reducing parental conflict and improving their child's post-divorce adjustment.

Con Amor y Lógica, Crianza de los Hijos®

Lunes, Sept. 13 - Oct. 18

6:00 - 8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

SI NO SE PUEDE MANTENER EL DISTANCIAMIENTO SOCIAL, SE REQUERIRÁN MÁSCARAS

Egla Eikleberry, CAPS Mentora Familiar, and Grecia Castaneda-Torres, CAPS Mentora Familiar. Se requiere preinscripción para el cuidado de niños.

Este taller gratuito de 6 sesiones se basa en el programa para padres de Jim Fay. Críe niños que tengan confianza en sí mismos, estén motivados y estén listos para el mundo real en este enfoque de crianza de los hijos en el que todos ganan. ¡Con Amor y Lógica, Crianza de los Hijos® devuelve la diversión a la paternidad!

The Parent Project®

Thursdays, Sept. 16 - Nov. 18

5:30 - 8:30 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

IF SOCIAL DISTANCING CANNOT BE MAINTAINED, MASKS WILL BE REQUIRED

Chelsea Sutton, LBSW, CAPS Family Mentoring Program Director, Rex Cearley, MS, CAPS Parent Education Partner, and Alexandra Tyson, Salina Community Corrections Intensive Supervision Officer. Pre-registration required for childcare. Dinner provided.

This free, 10-week series is designed for parents raising difficult or out-of-control adolescents, ages 10 and up. The Parent Project provides concrete, no-nonsense solutions to even the most destructive of adolescent behaviors.

Helping Children with Loss

Tuesdays, Sept. 21; Oct. 5 - Oct. 19

6:30 - 8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

IF SOCIAL DISTANCING CANNOT BE MAINTAINED, MASKS WILL BE REQUIRED

Rex Cearley, MS, CAPS Parent Educator Partner and certified Grief Recovery Method Specialist. Pre-registration required for childcare.

For adults to help children deal with death, divorce, moving and other forms of loss. There are many myths about dealing with sad emotions that confuse children, like, "Time heals all wounds," and, "Be strong for others." In this program you will learn how to replace these myths with practical guidance for your children.

 **CAPS** "Helping good parents...become GREAT parents!"

Darkness to Light Stewards of Children®

Wednesday, September 29

6:30 - 8:30 pm | **Zoom**

Claudia Quezada-Commerford, Chris's Place Child Advocacy Center Program Director, and Rachelle Soden, Kansas Children's Service League Training Manager.

Limited enrollment. *This class will not be recorded.*

Darkness to Light *Stewards of Children*® is an evidence-based prevention training program that teaches adults how to prevent, recognize, and respond responsibly to child sexual abuse. It offers practical prevention training with a conversational, real-world approach. We envision a world where child sexual abuse does not exist because adults have formed prevention-oriented communities that protect the child's right to a healthy childhood.

Oscuridad a la Luz Mayordomos de los Niños®

Miércoles, Septiembre 29

6:30 - 8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

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Reyna Banda-Torres, CAPS Director del Programa de Servicios Bilingües.

Se requiere preinscripción para el cuidado de niños.

Oscuridad a la Luz *Mayordomos de los Niños*® es un programa de capacitación de prevención basado en evidencia que enseña a los adultos cómo prevenir, reconocer y responder responsablemente al abuso sexual infantil. Ofrece capacitación práctica en prevención con un enfoque conversacional y del mundo real. Imaginemos un mundo donde el abuso sexual infantil no existe, porque los adultos han formado comunidades orientadas a la prevención que protege el derecho del niño a una infancia saludable.

The Explosive Child or “Raising Human Beings”

Mondays, Oct. 25; Nov. 1, 8 and 15

7:00 - 8:30 pm | **Zoom**

Vicki Price, MS, CAPS Education Program Director, and Rex Cearley, MS, CAPS Parent Education Partner.

Dr. Green's two books that title this class are based on his extensive work with families, schools and therapeutic facilities. If your child lacks the skills to be flexible, handle frustration and solve problems, this class is for you.

Internet Safety

Tuesdays, Oct. 26; Nov. 2 and 9

6:30 - 8:30 pm | **Zoom**

Eliza Hemmer, CAPS Forensic Interviewer, and Bridget Goodness, CAPS victim advocate.

Learn how you can keep your kids safe from the ever-changing internet. Join Eliza and Bridget as we delve into the dangers of cyberbullying, sextortion/sexting, online grooming, social media and gaming apps.

How to Make it Calmly Through the Holidays, Mindfulness & Relaxation

Thursdays, Dec. 2 and 9

12:00 - 1:00 pm | **Zoom**

Megan Coberly, MS, Education Director at Salina Community Theatre

The only thing we can control in our lives is how we react to things. Your kids are unpredictable, but the way you react to their behavior, internally, is what you can control. That's what mindfulness is all about. Mindfulness will help you cope with your daily life in a peaceful, powerful way. If you lay a strong foundation of trust within yourself, you can get through anything that may come your way.

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