

WINTER/SPRING 2022 Parenting Classes

 **zoom** • In-Person • Free • Childcare provided

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

Helping Children with Loss

Mondays, Jan. 10, 24, & 31; Feb. 7

6:30 - 8:30 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.

El Proyecto Padre®

Jueves, Jan. 20-March 31

5:30 - 8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

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

Reyna Banda-Torres, BA, Director del programa de servicios bilingües CAPS, Eglá Eikleberry, BA, CAPS Mentora Familiar, and Grecia Castaneda-Torres, LBSW, CAPS Mentora Familiar.

Se requiere preinscripción para el cuidado de niños.

Esta serie gratuita de 11 semanas está diseñada para padres que crían adolescentes difíciles o fuera de control, de 10 años en adelante. Parent Project® ofrece soluciones concretas y sensatas, incluso para las conductas adolescentes más destructivas.

Cena gratis y cuidado de niños proporcionados.

How to Talk With Your Kids About the Birds and the Bees Without Getting Stung

Mondays, Feb. 21 & 28; March 7

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

Vicki Price, MS, CAPS Education Program Director and Dr. Elaine Ferguson, CAPS Parent Education Partner.

Parents work hard to help their children develop physically, socially, spiritually, but often neglect their sexuality. Talking about sex with your child can prevent many problems—low-self esteem, increased risk of sexual abuse and looking for love in all the wrong places. But, more than that, talking about it can help our children be safe, smart and strong. We are a highly sexualized society, however children and teens usually have little accurate information. If parents don't talk, children will find answers to their questions from their peers or the media.

Internet Safety

Tuesdays, Feb. 22; March 1 & 8

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

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

Pre-registration required for childcare.

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.



Child Advocacy & Parenting Services, Inc.

“Helping good parents...become GREAT parents!”

WINTER/SPRING 202 Parenting Classes

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The Explosive Child or “Raising Human Beings”

Mondays, March 21 and 28; April 4 & 11

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.

Love and Logic for Teens

Thursdays, April 14, 21 & 28; May 5

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, BS, CAPS Parent Educator. Pre-registration required for childcare.

The teen years bring with them a whole new set of parenting experiences. Learn to avoid power struggles that can destroy relationships and set limits that let your teens know they are loved. Teach your teens good decision making skills. Help them navigate the rocky years of peer pressure.

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

Wednesdays, April 27 & May 4

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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