

# Fall 2022 Parenting Classes

 zoom • In-Person • Free • Childcare provided

Register for any these classes at [capsosalina.org/parenting-classes/](https://capsosalina.org/parenting-classes/)

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## Helping Children with Loss

Wednesdays, Aug. 31 - Sep. 21

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

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.

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## The Parent Project®

Tuesdays, Sep. 6 - Nov. 22

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

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

This free, 12-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.

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## Coming Out and Forging Ahead - LGBTQ+ Parenting

Mondays, Sep. 12 - Oct. 3

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

Vicki Price, MS, CAPS Education Program Director; Beverly Cole, author of *Cleaning Closets: A Mother's Story* and *Voices from the Kingdom: All God's Children Have Keys*; Stephanie Johannes, teacher and advocate; and Dr. Leah Peterson, Family Medicine Physician at Salina Family Healthcare Center.

For the parent of a lesbian, gay, bisexual, transgender or questioning (LGBTQ+) child, providing support isn't always easy. In most ways no different from their peers, LGBTQ+ youth face unique challenges parents often feel unprepared to handle. This class aims to dispel myths, share information and give parents support as well as steps they can take to keep their LGBTQ+ kid safe, healthy and strong.

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## Con Amor y Lógica, Crianza de los Hijos®

Lunes, Sep.12 - Oct. 24

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

Egla Eikleberry, CAPS Mentora Familiar, y Perla Campa, CAPS Socio de Educación para Padres.  
Se requiere preinscripción para el cuidado de niños.

Este taller gratuito de 7 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!



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

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## Cooperative Parenting in Divorce

Mondays, Sep. 12 - Oct. 17

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

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

This 6-session course will assist divorcing or divorced parents in reducing parental conflict and improving their child's post-divorce adjustment.

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## Darkness to Light *Stewards of Children*®

Wednesday, November 2

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

Melissa Buhrle, Chris's Place Child Advocacy Center Victim Advocate.  
Pre-registration required for childcare.

*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.

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## Oscuridad a la Luz *Mayordomos de los Niños*®

Miércoles, Noviembre 2

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

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.

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## The Incredible Years, Condensed

Mondays, Nov. 7 - 28

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

Vicki Price, MS, CAPS Education Program Director and Rex Cearley, MS, CAPS Parent Education Partner.  
Pre-registration required for childcare.

If you have a child between the ages of 2-8, this class is for you! Those ages are incredible as well as challenging. Since approximately 70% of toddlers have at least one temper tantrum a day, even the best of parents can struggle. By learning the most effective approaches, parents can reduce their children's behavior problems. Parents and caregivers can also do much to strengthen a child's social, emotional and academic competence.



Child Advocacy & Parenting Services, Inc.

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