

Winter/Spring 2023 Parenting Classes

 zoom • In-Person • Free • Childcare provided

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

El Proyecto Padre®

Jueves, Jan. 5 - Mar. 9

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

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.

Reyna Banda-Torres, CAPS Director del Programa de Servicios Bilingües; Grecia Castaneda-Torres, CAPS Socio de Educación para Padres; Brian Cano, CAPS Mentora Familiar
Se requiere preinscripción para el cuidado de niños.

Incredible Years, The School-Aged Child

Tuesdays, Jan. 10th - Feb. 28th

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

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.

Rex Cearley, MS, and Cindy Ramsey, CFLE, CAPS Parent Education Partners
Pre-registration required for childcare.

Cooperative Parenting in Divorce

Jan. 23rd, Jan. 30th, & Feb. 6th


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

This 3-session course will assist divorcing or divorced parents in reducing parental conflict and improving their child's post-divorce adjustment.

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

The Best of the Best

Feb. 13th & Feb. 20th

7:00-8:30 pm | 

The Best of the Best combines the best parenting ideas from great leaders in parenting education into a quick and easy online school for parents who want to learn (and re-learn) the most important and effective parenting tools.

Vicki Price, MS, CAPS Education Program Director



Child Advocacy & Parenting Services, Inc.

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Mind Matters: Overcoming Adversity & Building Resilience®: For teens, ages 12-18

Mondays, Feb.27- April 24

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

People experiencing ongoing stress or prior trauma often have difficulty regulating their emotional responses when facing challenges in school and work, life and relationships. By learning the skills and strategies in Mind Matters, teens can begin to take charge of themselves and their responses to what life throws at them.

Katy Vinson, BS, and Ingrid Pohl, MS, CAPS Parent Education Partners. Adri Barrientez, BA, CAPS Family Mentor.

Helping Children With Loss

Mondays, Feb. 27, March 6, 20, 27

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

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.

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

Love and Logic for Teens

MMondays, April 3, 10, 17, 24


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

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.

Vicki Price, MS, CAPS Education Director & Cindy Ramsey, CFLE, CAPS Parent Education Partner

Internet Safety: Child Predators in the Mobile Age

Tuesdays, April 4, 11, 18

6:00-8:00 pm | 

How to keep your kids safe from the ever-changing internet. Learn about the dangers of cyberbullying, sextortion/sexting, online grooming, social media and gaming apps.

Eliza Hemmer, Chris's Place CAC Program Director & Jace Griffith, Forensic Interviewer and Victim Advocate

Disciplina Positiva para Madres y Padres: Con Amabilidad y Firmeza

Jueves, Marzo 23 y 30; Abril 6, 13, 20 y 27

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

Cuando somos amables, estamos siendo respetuosos con nuestros hijos. Y a su vez, cuando somos firmes estamos siendo respetuosos con nosotros mismos. La clave para una crianza positiva no es el castigo, si no el respeto mutuo.

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



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