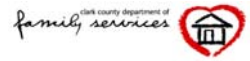




Clark County Department of Family Services Parenting Project Schedule September-October 2010



BabyCare - For expecting or new parents of children birth to 6 month

New parents have lots of questions. **BabyCare** is a five-week program for expecting or new parents, that addresses many new-parent concerns from bonding and caring for a new baby to childcare options. Parents learn how to feed, bathe, diaper, dress, care for and play with their baby. Information on early development, health, safety, nutrition and choosing childcare is provided. Parents will explore positive strategies for guiding behavior, communication with young children, managing stress and solving problems to provide nurturing care for their baby. *Children do not attend this class*

Day	5 session program Start Date	Location	Start	End
Thursday	September 2	Cambridge Community Center 3900 Cambridge St. MP Room Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Tuesday	September 21	Cambridge Community Center 3900 Cambridge St. Suite 203 Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Thursday	October 7	Cambridge Community Center 3900 Cambridge St. MP Room Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Wednesday	October 13	Cambridge Community Center 3900 Cambridge St. Suite 203 Maryland Parkway/Flamingo 89119	9:30am	12:00pm
Tuesday	October 26	Cambridge Community Center 3900 Cambridge St. Suite 203 Maryland Parkway/Flamingo 89119	6:00pm	8:30pm

Register by calling the Parenting Project at (702) 455-5295

IMPORTANT NOTES:

Children do not attend this class.

- ▶ *To receive credit, participants must sign in and attend the entire session.*
- ▶ *To receive a certificate of completion participants must attend each session starting with Session 1 and completing all sessions. If three classes are missed, participants will be scheduled to begin the program again.*

Schedule is subject to change.



Nurturing Parents & Families – For parents of children ages 6 months through age 4

The Nurturing Parents and Families program is a 6 or 7-week program designed for parents of children from 6 months through age 4. The program promotes positive, healthy and nurturing interactions between parents and their toddlers and preschool children. Developmental stages of children from infancy through preschool are presented. Parents will learn stress management techniques, how to establish routines and handle anger. Problem-solving techniques and appropriate behavior management methods are presented and practiced. **Children do not attend this class.**

Day	6-7 session program Start Date	Location	Start	End
Tuesday	August 31	Valley View Recreation Center 500 Harris St., Henderson Boulder Hwy/Basic 89015	6:00pm	8:30pm
Thursday	September 9	Doolittle Community Center 1950 J St. Lake Mead/ J St. 89106	6:00pm	8:30pm
Saturday	September 11	Cambridge Community Center 3900 Cambridge St. MP room Maryland Parkway/Flamingo 89119	9:30am	12:00pm
Tuesday	September 14	Cambridge Community Center 3900 Cambridge St. MP room Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Viernes (Friday) En Español	17 de septiembre	En Español Boys & Girls Club 2801 E Stewart Ave 28 th St./Stewart 89101	10:00am	12:00pm
Monday	September 20	Cortez Elementary School 4245 E Tonopah Lamb/Owens 89115	9:30am	11:30am
jueves (Thursday) En Español	23 de septiembre	En Español Cortez Elementary School 4245 E Tonopah Lamb/Owens 89115	9:30am	11:30am
sabado (Saturday) En Español	2 de octubre	En Español Rainbow Library 3150 N Buffalo Conference room Cheyenne/Buffalo 89128	10:30am	1:00pm
Monday	October 18	Department of Family Services 121 S Martin Luther King – Lincoln room MLK/Discovery (across from Costco) 89106	6:00pm	8:30pm
Tuesday	October 26	Cambridge Community Center 3900 Cambridge St. MP room Maryland Parkway/Flamingo 89119	6:00pm	8:30pm

Register by calling the Parenting Project at (702) 455-5295

Note: ► To receive credit, participants must sign in and attend the entire session.

► To receive a certificate of completion participants must attend each session starting with Session 1 and completing all sessions. If three classes are missed, participants will be scheduled to begin the program again.

Schedule is subject to change.

ABCs of Parenting - For parents of children ages 5 to 10 years old

The ABC's of Parenting is a fun and interactive program that helps parents of school-age children gain an understanding of their children's development and behavior. Parents learn how to communicate effectively with their children, encourage better behavior, use positive discipline techniques and teach responsibility. This 5-6 session program shows parents how to help children succeed in school and solve problems. Parents will also learn how to manage stress and anger and talk to their children about drugs, alcohol and other issues. *Children do not attend this class*

Day	5-6 session program Dates	Location	Start	End
Wednesday	September 1	Walnut Recreation Center 3075 N Walnut Ave Cheyenne/east of Las Vegas Blvd. 89115	6:00pm	8:00pm
Wednesday	September 1	Valley View Recreation Center 500 Harris St., Henderson Boulder Hwy/Basic 89015	6:00pm	8:30pm
Saturday	September 11	Doolittle Community Center 1950 J St. Lake Mead/ J St. 89106	9:30 am	12:00pm
Monday	September 13	Department of Family Services 121 S Martin Luther King – Lincoln room MLK/Discovery (across from Costco) 89106	6:00pm	8:30pm
martes (Tuesday)	14 de septiembre	<i>En Español</i> East Las Vegas Community Center 250 N. Eastern Stewart/Eastern 89101	6:00pm	8:30pm
míércoles (Wednesday)	22 de septiembre	<i>En Español</i> Cambridge Community Center 3900 Cambridge St. Suite 203 Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Wednesday	September 29	Cambridge Community Center 3900 Cambridge St. MP room Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
martes (Tuesday)	October 5	<i>En Español</i> Walnut Recreation Center 3075 N Walnut Rd Cheyenne/ east of LV Blvd 89115	6:00pm	8:00pm



Register by calling the Parenting Project at (702) 455-5295.

IMPORTANT NOTES:

Children do not attend this class.

- ▶ To receive credit, participants must sign in and attend the entire session.
 - ▶ To receive a certificate of completion participants must attend each session starting with Session 1 and completing all sessions. If three classes are missed, participants will be scheduled to begin the program again.
- Schedule is subject to change.



ParentTeen Solutions –For parents and youth ages 11 – 17 years old

In **ParentTeen Solutions** parents learn the importance of clear rules and consistent supervision and how to practice a positive approach to discipline that teaches self-responsibility. Parents and youth participate in problem-solving, conflict resolution and asset-building activities designed to promote a nurturing and supportive family environment.

Day	6-7 session program Start Date	Location	Start	End
Tuesday	August 31	Whitney Ranch Recreation Center 1574 Galleria, Henderson Between Whitney Ranch/Patrick 89014	6:00pm	8:30pm
Thursday	September 2	Valley View Recreation Center 500 Harris St., Henderson Boulder Hwy/Basic 89015	6:00pm	8:30pm
Thursday	September 9	Walnut Recreation Center 3075 N Walnut Ave Cheyenne/east of Las Vegas Blvd. 89115	6:00pm	8:00pm
Saturday	September 11	Cambridge Recreation Center 3930 Cambridge St. Maryland Parkway/Flamingo 89119	10:30am	1:00pm
Monday	September 13	Cambridge Community Center 3900 Cambridge St. MP room Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Lunes (Monday) <i>En Español</i>	September 13	<i>En Español</i> Cambridge Community Center 3900 Cambridge St. Suite 203 Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Tuesday	September 14	William Pearson Community Center 1625 W. Carey Carey/ Martin Luther King 899032	6:00pm	8:30pm
Wednesday	September 15	Cimarron Rose Community Center 5591 N Cimarron Ann Rd west of Hwy 95 89149	6:00pm	8:00pm
Monday	September 20	Southwest Behavior School 6480 Fairbanks Rd. Jones/Flamingo 89103	6:00pm	8:30pm
martes (Tuesday)	19 de octubre	<i>En Español</i> East Las Vegas Community Center 250 N. Eastern Stewart/Eastern 89101	6:00pm	8:30pm

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ParentTeen Solutions - For parents and youth ages 11 – 17 years old - page 2

Day	6-7 session program Start Date	Location	Start	End
Tuesday	October 26	Whitney Ranch Recreation Center 1574 Galleria, Henderson Between Whitney Ranch/Patrick 89014	6:00pm	8:30pm
Thursday	October 28	Valley View Recreation Center 500 Harris St., Henderson Boulder Hwy/Basic 89015	6:00pm	8:30pm
Thursday	October 28	Walnut Recreation Center 3075 N Walnut Ave Cheyenne/east of Las Vegas Blvd. 89115	6:00pm	8:00pm

Register by calling the Parenting Project at (702) 455-5295

IMPORTANT NOTES:

Youth ages 11 to 17 may attend this program with a parent/caregiver

- ▶ *To receive credit, participants must sign in and attend the entire session.*
- ▶ *To receive a certificate of completion participants must attend each session starting with Session 1 and completing all sessions. If three classes are missed, participants will be scheduled to begin the program again.*

Schedule is subject to change.





Blended Families –

For couples considering blending their families or for parents living in a stepfamily

Blended Families face unique challenges. This program will assist parents and stepparents in understanding the challenges and opportunities presented when forming a blended family and will offer practical techniques to help build a healthy and nurturing “stepfamily.” Topics include: stepfamily myths, tackling the challenges of combining families, having realistic expectations, developing positive communication skills, establishing a behavior management plan, managing family conflict and supporting the positive growth and development of their children (whether they are his, hers or theirs). *Children do not attend this class*

Day	Dates	Location	Start	End
Thursday	October 14	Cambridge Community Center 3900 Cambridge St. Suite 203 Maryland Parkway/Flamingo 89119	6:00pm	8:30pm

Register by calling the Parenting Project at (702) 455-5295.

IMPORTANT NOTES:

Children do not attend this class.

- ▶ *To receive credit, participants must sign in and attend the entire session.*
- ▶ *To receive a certificate of completion participants must attend each session starting with Session 1 and completing all sessions. If three classes are missed, participants will be scheduled to begin the program again.*

Schedule is subject to change.



introducing



Our newest parent education program

Triple P (Positive Parenting Program)

Help for parents interested in increasing their parenting skills

Raising children can be rewarding and enjoyable as well as demanding, frustrating and exhausting. The challenge is to raise healthy, well-adjusted children in a nurturing and predictable environment. The Triple P program is designed to help parents improve their parenting skills and build positive relationships with their children. The program will provide parents with useful ideas and strategies to meet the challenges of parenting children ages 2 to 11 years old. In this 8-session program, parents will learn how to: provide a safe, interesting environment; create a positive learning environment; use assertive discipline; have realistic expectations, and take care of oneself as a parent.

Day	8 session program Start Date	Location	Start	End
Tuesday	September 14	Cambridge Community Center 3900 Cambridge St. Suite 203 Maryland Parkway/Flamingo 89119	6:00pm	8:30pm
Thursday	September 30	Department of Family Services 121 S. Martin Luther King , Lincoln room MLK/Discovery (across from Costco) 89106	6:00pm	8:30pm

Register by calling the Parenting Project

IMPORTANT NOTES:

Children do not attend this class.

- ▶ **Prerequisites:** Participants must be parenting a child or children in the home.
- ▶ **Participants must begin in Session 1** and attend all sessions to receive a certificate of completion. If two or more classes are missed, participants will be scheduled to begin the program again.
- ▶ To receive credit, participants must sign in and attend the entire session.

Schedule is subject to change.