

# BabyCare



(for expecting or new parents of children ages birth to 6 months old)

## January 2009

### Friday Cambridge Community Center

January 2	Session 1	3900 Cambridge St, #203	9:30 a.m.-12:00 p.m.
January 9	Session 2		9:30 a.m.-12:00 p.m.
January 16	Session 3		9:30 a.m.-12:00 p.m. Maryland Pkwy/Flamingo
January 23	Session 4		9:30 a.m.-12:00 p.m. 89119
January 30	Session 5		9:30 a.m.-12:00 p.m.

### Tuesday William Pearson Community Center

January 13	Session 1	1625 W. Carey	6:00 p.m.-8:30 p.m.
January 20	Session 2		6:00 p.m.-8:30 p.m.
January 27	Session 3		6:00 p.m.-8:30 p.m. Carey/Martin Luther King
February 3	Session 4		6:00 p.m.-8:30 p.m. 89032
February 10	Session 5		6:00 p.m.-8:30 p.m.

### Thursday Cambridge Community Center

February 5	Session 1	3900 Cambridge St. MP Room	6:00 p.m.-8:30 p.m.
February 12	Session 2		6:00 p.m.-8:30 p.m.
February 19	Session 3		6:00 p.m.-8:30 p.m. Maryland/Flamingo
February 26	Session 4		6:00 p.m.-8:30 p.m. 89119
March 5	Session 5		6:00 p.m.-8:30 p.m.

*Schedule is subject to change\*\*\* Children do not attend this program.*

New parents have lots of questions. **BabyCare** is a five-week program for expecting or new parents, that addresses a variety of 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. *Free of charge.*

**Register by calling the Parenting Project at 455-5295**

*Offered by Clark County Department of Family Service's Parenting Project*

# Nurturing Parents & Families

(for parents of children ages 6 months to 5 years-old)

## January 2009



### Tuesday Jeffers Elementary School

<i>Spanish</i> January 6	Session 1
<i>Spanish</i> January 13	Session 2
<i>Spanish</i> January 20	Session 3
<i>Spanish</i> January 27	Session 4
<i>Spanish</i> February 3	Session 5
<i>Spanish</i> February 10	Session 6

### 2320 Clifford St.

8:00 a.m.-10:00 a.m.  
8:00 a.m.-10:00 a.m. Carey/Pecos  
8:00 a.m.-10:00 a.m. 89115  
8:00 a.m.-10:00 a.m.  
8:00 a.m.-10:00 a.m.  
8:00 a.m.-10:00 a.m.

### Tuesday Cambridge Community Center

January 6	Session 1
January 13	Session 2
January 20	Session 3
January 27	Session 4
February 3	Session 5
February 10	Session 6

### 3900 Cambridge St. MP room

6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m. Maryland Pkwy/Flamingo  
6:00 p.m.-8:30 p.m. 89119  
6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m.

### Tuesday Molasky Community School

January 6	Session 1
January 13	Session 2
January 20	Session 3
January 27	Session 4
February 3	Session 5
February 10	Session 6

### 7801 W Gilmore Ave, room 324

6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m. Buffalo between Gowan &  
6:00 p.m.-8:30 p.m. Alexander 89129  
6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m.

### Wednesday Becker Community School

January 7	Session 1
January 14	Session 2
January 21	Session 3
January 28	Session 4
February 4	Session 5
February 11	Session 6

### 9110 Hillpointe

6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m. Lake Mead/Rampart  
6:00 p.m.-8:30 p.m. 89134  
6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m.  
6:00 p.m.-8:30 p.m.

### Thursday Pearson Community Center

<i>Spanish</i> January 8	Session 1
<i>Spanish</i> January 15	Session 2
<i>Spanish</i> January 22	Session 3
<i>Spanish</i> January 29	Session 4
<i>Spanish</i> February 5	Session 5
<i>Spanish</i> February 12	Session 6

### 1625 W. Carey

6:00 p.m.-8:00 p.m.  
6:00 p.m.-8:00 p.m.  
6:00 p.m.-8:00 p.m. Carey/Martin Luther King  
6:00 p.m.-8:00 p.m. 89032  
6:00 p.m.-8:00 p.m.  
6:00 p.m.-8:00 p.m.

### Saturday Whitney Recreation Center

January 24	Session 1
January 31	Session 2
February 7	Session 3
February 14	Session 4
February 21	Session 5
February 28	Session 6

### 5712 E. Missouri

10:30 a.m.-1:00 p.m. Boulder Hwy/Missouri  
10:30 a.m.-1:00 p.m. 89122  
10:30 a.m.-1:00 p.m.  
10:30 a.m.-1:00 p.m.  
10:30 a.m.-1:00 p.m.  
10:30 a.m.-1:00 p.m.

Continued on page 2

**Monday Whitney Ranch Recreation Center**

**1575 Galleria Dr. Henderson**

January 26	Session 1	6:00 p.m.-8:30 p.m.
February 2	Session 2	6:00 p.m.-8:30 p.m. between Whitney Ranch/Patrick
February 9	Session 3	6:00 p.m.-8:30 p.m. 89014
February 16	Session 4	6:00 p.m.-8:30 p.m.
February 23	Session 5	6:00 p.m.-8:30 p.m.
March 2	Session 6	6:00 p.m.-8:30 p.m.

***Schedule is subject to change. \*\*\*\*Children do not attend this class.***

*Los horarios están sujetos a cambios \*\*\*\*No se permiten niños en clase.*

The **Nurturing Parents and Families** program is designed for parents of children from **6 months to five years-old**. 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. *Free of charge.*

**Register by calling the Parenting Project at 455-5295**

*Offered by Clark County Department of Family Services' Parenting Project*



# ABC's of Parenting

(for parents of children ages 5 – 10 years-old)

January 2009



## Wednesday Cambridge Community Center 3900 Cambridge St., MP Room

January 7	Session 1	6:00 p.m.-8:30 p.m.
January 14	Session 2	6:00 p.m.-8:30 p.m.
January 21	Session 3	6:00 p.m.-8:30 p.m. Maryland Pkwy/Flamingo
January 28	Session 4	6:00 p.m.-8:30 p.m. 89119
February 4	Session 5	6:00 p.m.-8:30 p.m.

## Wednesday Molasky Community School

January 7	Session 1
January 14	Session 2
January 21	Session 3
January 28	Session 4
February 4	Session 5

## 7801 W Gilmore Ave, room 324

6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m. Buffalo between Gowan &
6:00 p.m.-8:30 p.m. Alexander 89129
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.

## Wednesday Walnut Recreation Center

January 7	Session 1
January 14	Session 2
January 21	Session 3
January 28	Session 4
February 4	Session 5

## 3075 N. Walnut Red

6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m. Cheyenne east of LV Blvd
6:00 p.m.-8:30 p.m. 89115
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.

## Thursday Cortez Elementary School

<i>Spanish</i> January 8	Session 1
<i>Spanish</i> January 15	Session 2
<i>Spanish</i> January 29	Session 3
<i>Spanish</i> February 5	Session 4
<i>Spanish</i> February 12	Session 5

## 4245 E Tonopah Ave

9:15 a.m.-11:15 a.m.
9:15 a.m.-11:15 a.m. Lamb between Owens &
9:15 a.m.-11:15 a.m. Lake Mead
9:15 a.m.-11:15 a.m. 89115
9:15 a.m.-11:15 a.m.

*No class on January 22*

## Thursday Becker Community School

January 8	Session 1
January 15	Session 2
January 22	Session 3
January 29	Session 4
February 5	Session 5

## 9110 Hillpointe

6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m. Lake Mead/Rampart
6:00 p.m.-8:30 p.m. 89134
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.

## Friday Cortez Elementary School

January 9	Session 1
January 16	Session 2
January 30	Session 3
February 6	Session 4
February 13	Session 5

## 4245 E Tonopah Ave

9:15 a.m.-11:15 a.m.
9:15 a.m.-11:15 a.m. Lamb between Owens &
9:15 a.m.-11:15 a.m. Lake Mead
9:15 a.m.-11:15 a.m. 89115
9:15 a.m.-11:15 a.m.

*No class on January 22*

## Thursday McCaw Elementary School

January 15	Session 1
January 22	Session 2
January 29	Session 3
February 5	Session 4
February 12	Session 5

## 330 Tin St. Henderson

6:00 p.m.-8:00 p.m.
6:00 p.m.-8:00 p.m. Pacific/Water St.
6:00 p.m.-8:00 p.m. 89015
6:00 p.m.-8:00 p.m.
6:00 p.m.-8:00 p.m.

*Continued on page 2*

**Wednesday Valley View Recreation Center 500 Harris St. Henderson**  
 January 21 Session 1 6:00 p.m.-8:30 p.m.  
 January 28 Session 2 6:00 p.m.-8:30 p.m.  
 February 4 Session 3 6:00 p.m.-8:30 p.m. Boulder Hwy/Basic  
 February 11 Session 4 6:00 p.m.-8:30 p.m.89015  
 February 18 Session 5 6:00 p.m.-8:30 p.m.

**Thursday Central Neighborhood Family Service Center 333 N. Rancho Dr.**  
 January 22 Session 1 6:00 p.m.-8:30 p.m.  
 January 29 Session 2 6:00 p.m.-8:30 p.m.  
 February 5 Session 3 6:00 p.m.-8:30 p.m. Bonanza/Rancho  
 January 12 Session 4 6:00 p.m.-8:30 p.m. 89106  
 February 19 Session 5 6:00 p.m.-8:30 p.m.

**Saturday Cambridge Community Center 3900 Cambridge St., # 203**  
 January 24 Session 1 10:00 a.m.-12:30 p.m. Maryland Pkwy/Flamingo  
 January 31 Session 2 10:00 a.m.-12:30 p.m. 89119  
 February 7 Session 3 10:00 a.m.-12:30 p.m.  
 February 14 Session 4 10:00 a.m.-12:30 p.m.  
 February 21 Session 5 10:00 a.m.-12:30 p.m.

**Tuesday Alamo Elementary School 7455 El Camino Rd**  
 January 27 Session 1 5:30 p.m.-7:30 p.m.  
 February 3 Session 2 5:30 p.m.-7:30 p.m. Warm Springs/Torrey Pines  
 February 10 Session 3 5:30 p.m.-7:30 p.m. (south of 215)  
 February 17 Session 4 5:30 p.m.-7:30 p.m. 89139  
 February 24 Session 5 5:30 p.m.-7:30 p.m.

*Schedule is subject to change. \*\*\*\*Children do not attend this class.  
 Los horarios están sujetos a cambios \*\*\*\*No se permiten niños en clase.*

The **ABC's of Parenting** is a fun and interactive program that helps parents of school-age children gain an understanding of child development and behavior. Parents learn how to communicate effectively with their children, encourage better behavior, use positive discipline techniques and teach responsibility. The 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. *Free of charge.*

**Register by calling the Parenting Project at 455-5295**

*Offered by Clark County Department of Family Services' Parenting Project*





# ParentTeen Solutions

(for parents and youth 11 to 17-years-old)

## January 2009



### Monday Silver Mesa Recreation Center

January 5	Session 1
January 12*	Session 2
January 26	Session 3
February 2	Session 4
February 9	Session 5/6

### 4025 Allen Lane

6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m. * <b>No class January 19</b>
6:00 p.m.-8:30 p.m. Alexander/Allen
6:00 p.m.-8:30 p.m.89032
6:00 p.m.-8:30 p.m.

### Tuesday Becker Community School

January 6	Session 1
January 13	Session 2
January 20	Session 3
January 27	Session 4
February 3	Session 5
February 10	Session 6

### 9110 Hillpointe

6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m. Lake Mead/Rampart
6:00 p.m.-8:30 p.m. 89134
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.

### Tuesday Walnut Recreation Center

<i>Spanish</i> January 6	Session 1
<i>Spanish</i> January 13	Session 2
<i>Spanish</i> January 20	Session 3
<i>Spanish</i> January 27	Session 4
<i>Spanish</i> February 3	Session 5
<i>Spanish</i> February 10	Session 6

### 3075 N Walnut Rd

6:30 p.m.-8:30 p.m.
6:30 p.m.-8:30 p.m. Cheyenne/east of LV Blvd
6:30 p.m.-8:30 p.m. 89115
6:30 p.m.-8:30 p.m.
6:30 p.m.-8:30 p.m.
6:30 p.m.-8:30 p.m.

### Wednesday Central Neighborhood Family Service Center 333 N. Rancho Dr.

January 7	Session 1	6:00 p.m.-8:30 p.m.
January 14	Session 2	6:00 p.m.-8:30 p.m.
January 21	Session 3	6:00 p.m.-8:30 p.m. Bonanza/Rancho
January 28	Session 4	6:00 p.m.-8:30 p.m. 89106
February 4	Session 5	6:00 p.m.-8:30 p.m.
February 11	Session 6	6:00 p.m.-8:30 p.m.

### Thursday Molasky Community School

January 8	Session 1
January 15	Session 2
January 22	Session 3
January 29	Session 4
February 5	Session 5
February 12	Session 6

### 7801 W Gilmore Ave, room 324

6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m. Buffalo between Gowan &
6:00 p.m.-8:30 p.m. Alexander 89129
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.

### Thursday Walnut Recreation Center

January 8	Session 1
January 15	Session 2
January 22	Session 3
January 29	Session 4
February 5	Session 5
February 12	Session 6

### 3075 N Walnut Rd

6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m. Cheyenne east of LV Blvd
6:00 p.m.-8:30 p.m. 89115
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.
6:00 p.m.-8:30 p.m.

### Saturday Cambridge Recreation Center

January 10	Session 1
January 17	Session 2
January 24	Session 3
February 31	Session 4
February 7	Session 5
February 14	Session 6

### 3930 Cambridge St.

9:30 a.m.-12:00 p.m.
9:30 a.m.-12:00 p.m. Maryland Pkwy/Flamingo
9:30 a.m.-12:00 p.m. 8919
9:30 a.m.-12:00 p.m.
9:30 a.m.-12:00 p.m.
9:30 a.m.-12:00 p.m.

continued on page 2

**Wednesday Cimarron Rose Community Center 5591 N. Cimarron**

January 14	Session 1	6:00 p.m.-8:30 p.m.
January 21	Session 2	6:00 p.m.-8:30 p.m. Ann Rd./west of US 95
January 28	Session 3	6:00 p.m.-8:30 p.m. 89149
February 4	Session 4	6:00 p.m.-8:30 p.m.
February 11	Session 5	6:00 p.m.-8:30 p.m.
February 18	Session 6	6:00 p.m.-8:30 p.m.

**Thursday Valley View Recreation Center 500 Harris St. Henderson**

January 22	Session 1	6:00 p.m.-8:30 p.m.
January 29	Session 2	6:00 p.m.-8:30 p.m.
February 5	Session 3	6:00 p.m.-8:30 p.m. Boulder Hwy/Basic
February 12	Session 4	6:00 p.m.-8:30 p.m. 89015
February 19	Session 5	6:00 p.m.-8:30 p.m.
February 26	Session 6	6:00 p.m.-8:30 p.m.

**Thursday Clark Community School 3074 Arville St**

<i>Spanish</i> January 22	Session 1	6:00 p.m.-8:30 p.m.
<i>Spanish</i> January 29	Session 2	6:00 p.m.-8:30 p.m. Spring Mtn./Arville
<i>Spanish</i> February 5	Session 3	6:00 p.m.-8:30 p.m. 89102
<i>Spanish</i> February 12	Session 4	6:00 p.m.-8:30 p.m.
<i>Spanish</i> February 19	Session 5	6:00 p.m.-8:30 p.m.
<i>Spanish</i> February 26	Session 6	6:00 p.m.-8:30 p.m.

**Saturday Pearson Community Center 1625 W. Carey**

January 24	Session 1	9:30 a.m.-12:00 p.m.
January 31	Session 2	9:30 a.m.-12:00 p.m.
February 7	Session 3	9:30 a.m.-12:00 p.m. Carey/Martin Luther King
February 14	Session 4	9:30 a.m.-12:00 p.m.89032
February 21	Session 5	9:30 a.m.-12:00 p.m.
February 28	Session 6	9:30 a.m.-12:00 p.m.

**Monday Cambridge Community Center 3900 Cambridge St., MP Room**

January 26	Session 1	6:00 p.m.-8:30 p.m. Maryland Pkwy/Flamingo
February 2	Session 2	6:00 p.m.-8:30 p.m. 89119
February 9*	Session 3	6:00 p.m.-8:30 p.m. * No class on February 16
February 23	Session 4	6:00 p.m.-8:30 p.m.
March 2	Session 5/6	6:00 p.m.-8:30 p.m.

**Tuesday Whitney Ranch Recreation Center 1575 Galleria Dr. Henderson**

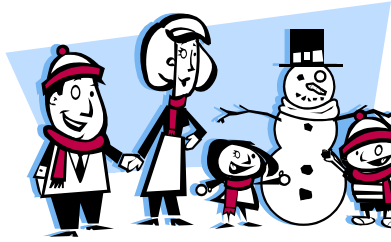
January 27	Session 1	6:00 p.m.-8:30 p.m.
February 3	Session 2	6:00 p.m.-8:30 p.m. between Whitney Ranch/Patrick
February 10	Session 3	6:00 p.m.-8:30 p.m. 89014
February 17	Session 4	6:00 p.m.-8:30 p.m.
February 24	Session 5	6:00 p.m.-8:30 p.m.
March 3	Session 6	6:00 p.m.-8:30 p.m.

*Schedule is subject to change.\*\*\*Teens may attend this program with their parent/caregiver.*

**ParentTeen Solutions** is designed to maximize family strengths and reduce behavioral problems in youth. Youth 12 to 17 years-old attend this program with their parents to promote communication and trust. 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. *Free of charge.*

**Register by calling the Parenting Project at 455-5295**

Offered by Clark County Department of Family Services' Parenting Project



# Blended Families

January 2009

<b>Tuesday</b>	<b>Cambridge Community Center</b>	<b>3900 Cambridge Suite #203</b>
January 6	Session 1	6:00 p.m.-8:30 p.m.
January 13	Session 2	6:00 p.m.-8:30 p.m. Maryland Pkwy/Flamingo
January 20	Session 3	6:00 p.m.-8:30 p.m. 89119
January 27	Session 4	6:00 p.m.-8:30 p.m.

*Schedule is subject to change. Adults only - children do not attend this program.*

**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). *Free of charge.*

**Register by calling the Parenting Project at 455-5295**

*Offered by Clark County Department of Family Services' Parenting Project*