



Clark County Department of Family Services Parenting Project Schedule November & December 2011



Triple P (Positive Parenting Program)

Help for parents interested in increasing their parenting skills to manage difficult child behaviors

Raising children can be rewarding and enjoyable as well as demanding, frustrating and exhausting. The **Triple P Positive Parenting Program** is designed to help parents manage difficult behavior problems with children ages 2 to 11. Triple P suggests simple routines and small changes that can make a big difference in families. It helps parents understand the way their family works and helps create a more stable, supportive and harmonious family. In this program parents learn to deal positively, consistently and decisively with problem behavior and build positive relationships with their children, so that conflict can be resolved.

Day	8 session program Start Date	Location	Start time	End time
(Miércoles) Wednesday <i>En Español</i>	9 de noviembre	<i>(En Español)</i> Cambridge Community Center 3900 Cambridge St. Suite #203 89119 Maryland Parkway/Flamingo	10:30am	1:00pm
Thursday	December 29	Department of Family Services 121 S Martin Luther King Washoe Room 89106 Symphony Park/MLK (across from Costco)	6:00pm	8:30pm

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

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 at each session and complete all sessions within six months.

Schedule is subject to change.



November & December 2011

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 time	End time
Wednesday	October 26	Cambridge Community Center 3900 Cambridge St. Suite #203 89119 Maryland Parkway/Flamingo	9:30am	12:00pm
Thursday	December 1	Cambridge Community Center 3900 Cambridge St. MP Room 89119 Maryland Parkway/Flamingo	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 complete all sessions within six months. If three classes are missed, participants will be scheduled to begin the program again.*

Schedule is subject to change.





November & December 2011

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 time	End time
Tuesday	November 1	Walnut Recreation Center 3075 N Walnut Ave 89115 Cheyenne/east of LV Blvd	6:00pm	8:00pm
Monday	November 7	Department of Family Services 121 S Martin Luther King Lincoln Room 89106 Symphony Park/MLK (across from Costco)	6:00pm	8:30pm
Tuesday	November 15	Department of Family Services 121 S Martin Luther King Lincoln Room 89106 Symphony Park/MLK (across from Costco)	6:00pm	8:30pm
(Miércoles) Wednesday <i>En Español</i>	16 de noviembre	<i>(En Español)</i> Walnut Recreation Center 3075 N Walnut Ave 89115 Cheyenne/east of LV Blvd	6:00pm	8:00pm
Tuesday	December 6	Cambridge Community Center 3900 Cambridge St., MP Room 89119 Maryland Parkway/Flamingo	6:00pm	8:30pm

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

IMPORTANT NOTES: *Children do not attend this class.*

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 complete all session within six months. 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 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 Start Date	Location	Start time	End time
Wednesday	October 26	Valley View Recreation Center 500 Harris St 89015 Boulder Hwy/Basic	6:00pm	8:30pm
(Jueves) Thursday <i>En Español</i>	3 de noviembre	<i>(En Español)</i> Tate Elementary School 2450 Lincoln Rd. 89115 Carey/Lamb	8:15am	10:15am
Saturday	November 5	Department of Family Services 121 S Martin Luther King Lincoln Room 89106 Symphony Park/MLK (across from Costco)	9:30am	12:00pm
Monday	November 7	Whitney Ranch Recreation Center 1575 Galleria Dr, Henderson 89014 Whitney Ranch/Russell	6:00pm	8:30pm
Wednesday	November 30	Cambridge Community Center 3900 Cambridge St., MP Room 89119 Maryland Parkway/Flamingo	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 complete all sessions within six months. 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

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. *Youth 11 and older may attend with a parent/caregiver.*

Day	6-7 session program Start Date	Location	Start time	End time
Thursday	October 27	Valley View Recreation Center 500 Harris St 89015 Boulder Hwy/Basic	6:00pm	8:30pm
Tuesday	November 1	Whitney Ranch Recreation Center 1575 Galleria Dr, Henderson 89014 Whitney Ranch/Russell	6:00pm	8:30pm
Thursday	November 3	Walnut Recreation Center 3075 N Walnut Ave 89115 Cheyenne/east of LV Blvd	6:00pm	8:00pm
Monday	November 7	Cambridge Community Center 3900 Cambridge St. Suite #203 89119 Maryland Parkway/Flamingo	6:00pm	8:30pm
Monday	November 7	Southwest Behavior School 6480 Fairbanks Rd 89103 Jones/Flamingo	6:00pm	8:30pm
Wednesday	November 9	Cimarron Rose Community Center 5591 N. Cimarron 89149 Ann Rd West of Hwy 95	6:00pm	8:00pm
(Martes) Tuesday <i>En Español</i>	15 de noviembre	<i>(En Español)</i> East Las Vegas Community Center 250 N. Eastern, Loom Room 89101 Eastern/Stewart	6:00pm	8:30pm
Tuesday	November 22	William Pearson Community Center 1625 W. Carey 89032 Carey/Martin Luther King	6:00pm	8:30pm
Wednesday	November 30	Doolittle Community Center 1950 J St. 89106 Lake Mead/J St	6:00pm	8:30pm

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

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 complete all sessions within six months. If three classes are missed, participants will be scheduled to begin the program again.*
- Schedule is subject to change.*



November & December 2011

Blended Families For parents living in a stepfamily or couples considering blending their families 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.*
Children do not attend this class.

Day	6-7 session program Start Date	Location	Start time	End time
Tuesday	November 1	Cambridge Community Center 3900 Cambridge St. Suite #203 89119 Maryland Parkway/Flamingo	6:00pm	8:30pm

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

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 complete all sessions within six months. If three classes are missed, participants will be scheduled to begin the program again.*

Schedule is subject to change.



The Parenting Project offers a series of free programs to help parents be more effective in raising their children. The following programs are offered at various locations throughout Clark County.

Triple P (for parents with children ages 2 to 11 years-old with challenging behavior issues)

New!

The **Triple P Positive Parenting Program** helps parents manage difficult behavior problems with children ages 2 to 11. Triple P suggests simple routines and small changes that can make a big difference in families. It helps parents understand the way their family works and helps create a more stable, supportive and harmonious family. In this eight-session program parents learn to deal positively, consistently and decisively with problem behavior and build positive relationships with their children so that conflict is resolved. Available in Spanish.

BabyCare (for expecting or new parents with children ages birth to 6 months)

The **BabyCare** program is packed with need-to know information for expecting or new parents. This fun and interactive program helps parents or caregivers learn and practice baby care skills including how to nurture, feed, bathe, diaper, dress, care for and play with infants. In this five-week program, parents learn about infant safety, nutrition, health, early development, behavior guidance and choosing child care.

Nurturing Parents and Families (for parents of children ages 6 months to 5 years-old)

The **Nurturing Parents and Families** program promotes positive, healthy and nurturing interactions between parents and their infants, 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 during this six-week program. Available in Spanish.

ABCs of Parenting (for parents of children ages 5 to 10 years-old)

ABCs 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 five-week 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. Available in Spanish.

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

ParentTeen Solutions is designed to maximize family strengths and reduce behavioral problems in youth. Youth 11 to 17 years-old attend this six-week 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. Available in Spanish.

Blended Families (for parents and step parents with children of all ages)

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). This is a four-week program for adults only.



Classes are free!
Call the Parenting Project at 455-5295 to register.



Proyecto Familiar

Cambridge Community Center
3900 Cambridge St. #203 • Las Vegas, NV 89119
(702) 455-5295



El Proyecto Familiar ofrece una serie de programas gratis que ayudan a los padres a ser mas efectivos en la crianza de sus hijos. Los siguientes programas se ofrecen en diversos lugares a través del Condado de Clark.

Triple P (para padres de niños de 6 meses a 5 años de edad)

El Programa de Padres Positivos ayuda a los padres de niños 2-11 años a manejar problemas de conducta difíciles. Triple P sugiere rutinas simples y pequeños cambios que pueden hacer una enorme diferencia en las familias. Esto ayuda a los padres a entender la forma de funcionamiento de su familia ayudando así a crear familias de apoyo más estables y armoniosas. En este programa de ocho sesiones, los padres aprenderán a lidiar con un problema de conducta siendo decisivos, constantes y positivos aprendiendo así a construir relaciones positivas con sus hijos para que el conflicto sea resuelto.

Nuevo!

Criando Con Amor (para padres de niños de 6 meses a 5 años de edad)

Criando Con Amor un programa que promueve interacciones saludables y positivas entre padres e infantes, niños que empiezan a andar y niños preescolares. Se plantean las etapas para el desarrollo de niños desde la infancia hasta el preescolar. Los padres aprenderán técnicas para manejar la tensión nerviosa, cómo establecer rutinas y controlar el enojo. Técnicas para solucionar los problemas y métodos apropiados de comportamiento son presentados y practicados durante este programa de seis semanas.

Mejoramiento Familiar (para padres de niños de 5 a 10 años de edad)

Mejoramiento Familiar es un programa divertido e interactivo que ayuda a los padres de niños de edad escolar primaria a obtener una comprensión de su desarrollo y comportamiento. Los padres aprenden a comunicarse eficazmente con sus niños, a alentar un mejor comportamiento, a usar técnicas positivas de disciplina y a enseñar responsabilidad. Este programa de cinco semanas le muestra a los padres cómo ayudar a los niños a tener éxito en el año escolar y a solucionar los problemas. Los padres también aprenderán a manejar la tensión nerviosa y el enojo y a hablar con sus niños acerca de las drogas, alcohol y otros temas.

Soluciones Familiares (para padres y adolescentes de 11 a 17 años de edad)

Soluciones Familiares esta diseñado para maximizar fuerzas familiares y reducir problemas de conducta en la juventud. Los jóvenes de 11 a 17 años asisten a este programa de seis semanas con sus padres para promover comunicación y confianza. Los padres aprenden la importancia de las reglas claras y una consistente supervisión y cómo practicar un acercamiento positivo para enseñar disciplina que enseña auto-responsabilidad. Los padres y la jóvenes participan en la solución al problema, resolución al conflicto y actividades diseñadas para fortalecer los valores y para promover un acercamiento suave y un ambiente familiar de apoyo.

Gratis!

Para registrarse llame al Proyecto Familiar al 455-5295

