

## CLASS HIGHLIGHTS!

### The Magical World of Play and Learning

Research tells us that young children learn through play—the very foundation of their love of learning. Enter the magical world of play and learn ways to enhance your child's play experience. Simplify play materials, giggle your way into greater cooperation with behavior challenges, create a closer bond with your child, and just have more fun. \$30. With Bonnie Romanow.

**Mon., Mar. 12, 6:30 – 8:30 pm.**

### Choosing the Best Elementary School for Your Child

(6 – 14 years) Navigating the maze of traditional public, charter, and private schools can be an overwhelming experience. Learn tips and strategies for researching schools, streamlining the application process, and developing a framework for matching schools with your child's learning style. \$30. With Anya Kayne.

**Mondays, Jan. 30 OR Apr. 23, 6:30 – 8:30 pm.**

### Teen Series

There is so much that our teens experience—and that we experience along with them. How do we help them cope with—and resist—the allure of drugs and alcohol? How do we assist them in developing healthy and responsible attitudes about money, love, relationships, and sex without knuckling under to peer pressure? How do we convey the message that it is okay to be independent and “do their own thing,” while setting age-appropriate boundaries? How do we prepare them and ourselves for life after high school and the pressures of the “real world”? These are among the many issues that our expert staff will discuss with you during our dynamic winter and spring workshop series geared toward parents with adolescents. Check the listings under “Teens” for details and times.



## Mary Eickmeyer, PsyD.

A clinical psychologist with more than 15 years of clinical experience, Mary provides parent education and psychological assessment at Parents Place. Her areas of expertise include Triple P Positive Parenting Program, Cognitive Behavioral Therapy, and expressive art therapy. She works with children and teens to enhance self-esteem, classroom and homework compliance, social skills, and behavioral management. Her work with adults includes conflict resolution, grief and loss, anxiety and depression, communication skills building, and co-parenting during separation and divorce. She received her master's and doctoral degrees from Meridian University.

## NEWS FLASH!

### A Brand-New Online Option for Parenting Advice

Thanks to a partnership with Digital Parent,™ Parents Place is now providing parenting education and services through an online library, webinars, discussion forums, and developmental tools. Access is available for a free two-week trial membership, followed by a small quarterly or annual fee. Learn more about the free trial membership here. All YOU have to do is call. 1-888-415-4847. Visit [www.digitalparent.com/parentsplace](http://www.digitalparent.com/parentsplace).



A program of Jewish Family and Children's Services of San Francisco, the Peninsula, Marin and Sonoma Counties

1360 N. Dutton Avenue, Suite C, Santa Rosa, CA 95401

## Donate your vehicle

Receive a tax benefit. Help shape a child's life.

With one phone call, **turn your car into care** and help provide essential services to at-risk children and families in our community.

We pick up the car and handle the paperwork. All YOU have to do is call.

**1-888-415-4847 (HUGS)**

## Parents Place Staff

### PARENT EDUCATORS

**Claire Beery, MA**, Director of Parents Place, Sonoma County. Specialist in early childhood mental health and education, Triple P, attachment, and teens

**David Dixon, MFT**, Parent Educator.

Specialist in fathering issues, anger management, teens, and at-risk students

**Mary Eickmeyer, PsyD**, Parent Educator.

Specialist in psychological assessment, Triple P, and cognitive behavioral therapy

**Mary Hirsch, MFT, ATR**, Clinical Counselor.

Specialist in early childhood mental health, Touchpoints, and emotional disturbances in children and adolescents

**Liz Jimenez, MSW**, Post-Adoption Services Coordinator. Specialist in adoption, foster children, and at-risk youth

**Barbara Joy, BA**, Parent Educator. Specialist

in adoption, LifeBooks, children with chronic illnesses, and mothers in recovery

**Anya Kayne, MA**, Parent Educator.

Specialist in school-aged education and conflict resolution

**Amy McIntyre, MA**, Parent Educator.

Specialist in early childhood mental health and education and Triple P

**Bridget Palmer, GCFP**, Parent Educator.

Actress, director, and teacher of theater arts and improvisation to children and adults

**Ann Parsons, MA**, Parent Educator.

Specialist in positive discipline, early attachment, and children with special needs

**Holly Pedersen, PhD, MFT**, Parent Educator

Specialist in bullying prevention, school-based assessments, and counseling special-needs students

**Bonnie Romanow**, Parent Educator.

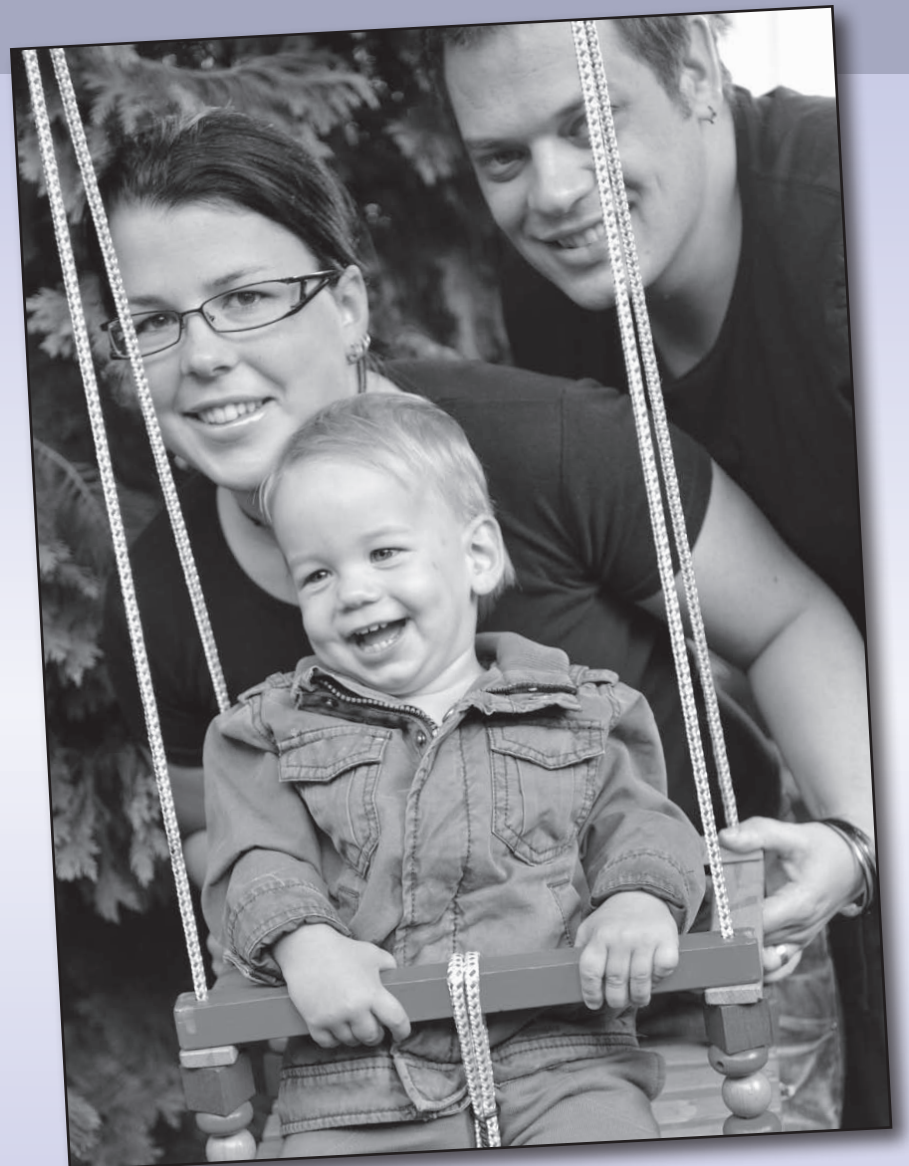
Specialist in early childhood mental health and education, Triple P, Touchpoints, resources for infant *educarers*, at-risk teens, and adoption

**Jennifer Silverstein, LCSW**, Parent

Educator. Specialist in prenatal and postpartum support for women and their families

Sonoma County  
parentsplace

WINTER / SPRING 2012



Check [www.parentsplaceonline.org/sonoma](http://www.parentsplaceonline.org/sonoma) for full workshop descriptions.

“ I love spending time with the amazing parent support groups you have assembled. Every adoptive parent should have the benefit of interacting with someone as knowledgeable, empathic,

and communicative as you! ”

- Post-Adoption Services mom

Located at 1360 North Dutton Avenue, Suite C, Santa Rosa. Preregistration required. \$5 discount for additional classes; \$5 discount for additional family members. To receive more information, contact us at 707-571-2048.

## PARENT COACHING AND CONSULTATION

Do you have concerns about your child or your family? We offer one-hour individual and family consultation services. Our expert staff will help you assess your situation and explore options to meet your individual and family needs. Topics include positive discipline, challenging behavior, sleep, divorce, impulse control, co-parenting, single parenting, siblings, and more. Fee subsidy available.

**MINI-CONSULTATION** Have something on your mind about your child or family? Need some quick professional input? These 20-minute consultations offer affordable support and information you need. Younger children welcome. \$25. To schedule a consultation or receive more information, call Claire Beery at 707-303-1521.

## INFANTS AND TODDLERS: BIRTH TO AGE 3

**NEW BABY CELEBRATION** (birth – 6 months) Meet with other new mothers once a month to honor motherhood, discuss joys and challenges, make new friends, form networks, and acquire practical information. Infants welcome. \$25/session; \$65 for three classes. With Jennifer Silverstein, LCSW. **Wednesdays, Feb. 1, Mar. 7, and Apr. 4, 6:00 – 8:00 pm.**

**JUGGLING TWO OR MORE** (birth – 6 years) Ease the transition of a new arrival in the family with practical tips and insights to prepare your first child (and yourself) for the new demands of an expanding family. Learn strategies that diminish rivalry and conflict and enhance respect between siblings. \$30. With Bonnie Romanow. **Tues., Feb. 28, 6:30 – 8:30 pm.**

**TOTS AND TANTRUMS** (12 – 36 months) Learn what underlies tantrums in toddlers and how best to guide them toward self-regulation, manage your frustration, and gain a sense of competence in handling challenging moments. \$30. With Bonnie Romanow. **Wed., Feb. 1, 6:30 – 8:30 pm.**

## PRESCHOOL THROUGH ELEMENTARY

**FEISTY THREES AND FOURS** (3 – 4 years) Explore what makes this age challenging and how to enhance cooperative behavior. \$30. With Bonnie Romanow. **Tues., Jan. 17, 6:30 – 8:30 pm.**

**POSITIVE DISCIPLINE FOR THE PRESCHOOL YEARS** (3 – 6 years) Learn effective strategies to guide behavior, gain cooperation, and bring out the best in you and your child. \$30. With Ann Parsons, MA. **Thurs., Feb. 23, 6:30 – 8:30 pm.**

**THE MAGICAL WORLD OF PLAY AND LEARNING** \$30. With Bonnie Romanow. **See details under Class Highlights. Mon., Mar. 12, 6:30 – 8:30 pm.**

**READY-SET-GO! PREPARING YOUR CHILD FOR KINDERGARTEN** (4 – 6 years) Learn activities and games you can enjoy with your children over the spring and summer to get them ready for their first day at school. Includes academic, social, and emotional readiness. \$30. With Amy McIntyre, MA. **Tues., Apr. 10, 6:30 – 8:30 pm.**

**CHOOSING THE BEST ELEMENTARY SCHOOL FOR YOUR CHILD** With Anya Kayne. **See details under Class Highlights. Mondays, Jan. 30 OR Apr. 23, 6:30 – 8:30 pm.**

## TEENS

**HOW TO TALK WITH YOUR TEEN ABOUT HOT TOPICS: ALCOHOL, DRUGS, AND SEX** While it can be hard to believe your pre-teen or teen is having sex or using alcohol or other drugs, many young people are—often with frightening results. Parents need accurate information and the skills to keep the lines of communication open. This two-session workshop prepares you for “The Talks” that let your child know that you know . . . and care. \$55 for two classes. With Mary Hirsch, MA, MFT. **Wednesdays, Jan. 25 and Feb. 8, 6:30 – 8:30 pm.**

**HANDLING HIGH SCHOOL** (3 – 6 years) Explore the physical, psychological, and developmental challenges every teen faces during the high school years. You will learn the skills needed to balance age-appropriate boundaries with age-appropriate independence. \$30. With David Dixon, MA, MFT. **Thurs., Mar. 29, 6:30 – 8:30 pm.**

**YOUR TEEN IS LEAVING HOME: HOW CAN YOU LIVE WITHOUT YOUR CHILD AND YOUR CHILD WITHOUT YOU?** Parents plan for it, save for it, and anticipate the day their child will leave home. When the time finally arrives, many parents wonder if they’ve done enough to prepare their teen for the real world and themselves for a daily life without them. As the empty nest looms closer, learn to develop new and mutually beneficial ways of interacting with your teen during this transitional time. \$30. With Mary Eickmeyer, PsyD. **Wed., Apr. 25, 6:30 – 8:30 pm.**

**FREE! PREPARING YOUR TEENS TO MANAGE THEIR FINANCES** Children start life with no responsibilities for money. By the end of their teens, however, they suddenly assume major responsibilities. Learn how to teach your teens to distinguish between “needs” and “wants” and help instill in them good habits surrounding credit care use, budgeting, financial planning, and more! With Tabatha Ratto, Citibank Branch Manager. **Tues., Mar. 27, 6:30 – 8:30 pm.**

## ALL AGES

**TRIPLE P POSITIVE PARENTING PROGRAM** These three seminars—*The Power of Positive Parenting; Raising Confident, Competent Children; and Raising Resilient Children*—focus on ways to promote children’s development. \$20 per session; \$55 for all three. With Amy McIntyre, MA. **Tuesdays, Jan. 24 and Feb. 7 and 21, 6:30 – 8:00 pm.**

**PLAYFUL PARENTING** Join the Director of Santa Rosa Children’s Theater for creative and fun games with movement, imagination, and laughter that will provide you with new skills for playful connection and communication with your child. \$30 for each workshop; \$80 for all three. With Bridget Palmer, GCFP. **Wednesdays, Mar. 14 and 28 and Apr. 11, 6:30 – 8:30 pm.**

**THE 21ST CENTURY DAD** The role of “dad” has changed since you were a kid. As a 21st century dad, learn how to connect, provide consistency, and set appropriate limits as you balance your expectations of fatherhood with everyday reality. \$30. With Dave Dixon, MA, MFT. **Thurs., Feb. 9, 6:30 – 8:30 pm.**

**GOING WITH THE FLOW: UNDERSTANDING YOUR CHILD’S TEMPERAMENT** Learn how your child’s inborn temperament is expressed and how to guide his or her challenges and strengths. \$30. With Claire Beery, MA. **Wed., May 2, 6:30 – 8:30 pm.**

**ALL ABOUT BOYS** Why do boys sometimes require a different parenting approach than girls? Our challenge is to parent them as individuals as well as boys. Better understand typical boy behavior and find ways to help your sons thrive. \$30. With David Dixon, MA, MFT. **Thurs., Jan. 26, 6:30 – 8:30 pm.**

**ALL ABOUT GIRLS** Raising a daughter offers delights and frustrations. Learn to identify and counteract some of the challenges, gain an understanding of typical development and patterns girls tend to follow, and explore ways to strengthen their self-esteem. \$30. With Bonnie Romanow. **Mon., Mar. 26, 6:30 – 8:30 pm.**

**RAISING YOUR SPIRITED CHILD** Spirited children are more intense, persistent, sensitive, and perceptive. Learn about the delights and challenges of these dynamic kids and strategies to bring out the best in them. \$30. With Bonnie Romanow. **Tues., May 1, 6:30 – 8:30 pm.**

**PARENTING: THIS IS NOT HOW I THOUGHT IT WOULD BE** When expectations of parenthood do not match reality, sometimes normal feelings of fear, anger, or disappointment may emerge. Learn to balance the challenges of parenthood without compromising yourself or losing your sense of humor. \$30. With Mary Eickmeyer, PsyD. **Wed., May 9, 6:30 – 8:30 pm.**

**WHAT TO DO WITH THE MAD YOU FEEL** Explore perspectives on anger and self-control for both yourself and your children and learn ways to respond that leave everyone feeling better. Two-session format includes a review of what you practice at home. \$55 for two classes. With Dave Dixon, MA, MFT. **Thursdays, Mar. 8 and 22 OR May 10 and 24, 6:30 – 8:30 pm.**

**BREAKING THE CYCLE OF BULLYING** Whether a child bullies, is bullied, or is a bystander, all children are affected by bullying. This workshop examines how parents can empower their children to help break the cycle of bullying. \$30. With Holly Pedersen, PhD, MFT. **Thurs., May 3, 6:30 – 8:30 pm.**



## POST-ADOPTION SERVICES

Post-Adoption Services at Parents Place (PAS) offers a variety of services for families formed by adoption. From one-to-one crisis intervention and counseling to support groups for children and parents, we have programs to support you and your children. We also provide parent and professional trainings on a variety of topics throughout the year to help build skills and knowledge about adoption-related issues. In addition, we have a free lending library filled with informative books on a broad range of parenting, adoption, and attachment issues. Our knowledgeable and caring staff and clinicians are a resource for you.

All PAS programs are free, funded through a grant from California State Department of Social Services. All groups meet at Parents Place, unless otherwise noted.

The PAS workshops and programs listed below require an RSVP. To RSVP or to receive more information about Post-Adoption Services, contact Liz Jimenez, MSW, PAS Coordinator, at 707-303-1509 or [LizJ@jfc.org](mailto:LizJ@jfc.org).

**SOCIALIZATION PLAY GROUP FOR YOUNG CHILDREN** (6 – 9 years) Help children in the early-school years to develop healthful social skills and to practice talking about adoption. This small-group setting will provide adopted children with a natural, safe environment in which they can establish positive peer relations and strengthen self-esteem with other adopted children. With Amy McIntyre. **Tuesdays, beginning Jan. 24, 3:30 – 5:00 pm.**

**1ST AND 3RD FRIDAYS FOR TEENS** Socialization activities for adopted teens on the first Friday of each month, with popcorn and movie night on the third Friday of each month. With Mary Hirsch, MFT, and Carla Schwarz. **6:00 – 8:00 pm.**

**SANTA ROSA PARENT SUPPORT GROUP** Join other adoptive parents for peer support, parent education, guest speakers, and more. With Liz Jimenez, MSW. Free childcare provided. **Third Wednesday of the month, 5:45 – 7:45 pm.**

**PETALUMA PARENT SUPPORT GROUP** Join other adoptive families from Petaluma and surrounding areas for peer support, parent education, guest speakers, and more. With Liz Jimenez, MSW. **First Tuesday of each month, 5:45 – 7:45 pm.** At B’nai Israel Jewish Center, 740 Western Ave.

**LIFEBOOKS: CREATING YOUR CHILD’S LIFEBOOK** With Barbara Joy. **Two Mondays per month, 5:30 – 7:30 pm, beginning Mar. 5, with a required introductory meeting on Feb. 6**