

FALL 2010

# Parents Place in Marin County



[www.parentsplaceonline.org/marin](http://www.parentsplaceonline.org/marin)

**Coaching and Consultation for Parents**

**Parents and Money: How to Spend and Save When You Have Kids**

**New Mom's Support Group**

**Wednesday, Oct. 27**

**7:00 – 8:30 pm**

**MARIN PRESCHOOL FAIR** Talk with representatives of an array of Marin preschools. Hosted by the Marin Child Care Council. At the Osher Marin Jewish Community Center, 200 North San Pedro Road, San Rafael. Free.

Parents Place is a program of Jewish Family and Children's Services of San Francisco, the Peninsula, Marin and Sonoma Counties.



A program of Jewish Family and Children's Services

**DR. GEORGE SUGARMAN SWIFT BUILDING**

600 Fifth Avenue, San Rafael, CA 94901

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## Parents and Money: How to Spend and Save When You Have Kids

**Wed., Oct. 6, 7:00 – 8:30 pm.**

Parenthood brings many changes, including shifting how you handle spending and savings as a family. When your money management is intentional, you identify priorities and spend and save accordingly. This workshop will give you practical steps to alleviate financial anxiety and take back control of your financial future. With Katy Song, MBA, CFP. \$15.

## Coaching and Consultation for Parents

Do you have a specific parenting issue to discuss? Would you prefer more privacy and individualized attention than what a group offers? A consultation tailored to your needs with a Parents Place expert can be scheduled at your convenience. Contact Rebecca Breen at 415-419-3609 or RebeccaB@jfcs.org.

## YouthFirst

Parents Place offers a strong program for pre-teens and teens wanting to enrich their Jewish identity, reach out to the community with volunteer service, learn skills and attributes of leadership, and so much more. Visit Youth Programs at [www.parentsplaceonline.org/marin](http://www.parentsplaceonline.org/marin).

# Marin County Programs

Located at 600 Fifth Avenue, San Rafael. Preregistration one week prior to the session is required for groups and workshops. To register or to obtain more information, contact us at 415-491-7959 or [ParentsPlaceMarin@jfcs.org](mailto:ParentsPlaceMarin@jfcs.org).

## PLAY-ACTIVITY GROUPS

**Tuesdays, ongoing;  
Thursdays, Sept. 2, 16, and 30**

**10:00 – 11:30 am**

**DROP-IN PLAYTIME** (under 5). Parents and children are invited to our playroom. Get to know other parents while your children play with our great toys! \$5/session. No preregistration necessary.

**Mondays, Oct. 4 – 25 9:30 – 11:00 am  
READY, SET, GO – PRACTICING FOR PRESCHOOL**

(18 – 40 months). Each week, parents and children start off together in the playroom and participate in fun activities, like singing and art projects. Parents then have time to discuss issues of concern with one of our parent educators while their children continue activities in the playroom. A wonderful first-time separation experience for many children and a great opportunity for parents to receive guidance. With Julie King, parent educator, and Cristol O'Loughlin, playroom teacher. \$130. Four sessions.

**Thursdays, Oct. 7 – 28 OR Nov. 4 – Dec. 2**

(no session Nov. 25)

**10:00 – 11:00 am**

**MOMMY AND ME YOGA** (birth – 5 years). This is a great way to meet other people and exercise at the same time. Your kids can join in or play with other kids in our wonderful, safe playroom. With Melissa Kochel. \$40. Four sessions.

## FOR PARENTS OF ALL-AGED CHILDREN

**Tues., Sept. 21 6:30 – 8:30 pm**

**WHAT TO DO WHEN YOU REACH THE END OF YOUR ROPE: NEW PARENTING STRATEGIES** (2 – 6 years).

Where do you turn after you've tried everything and nothing works? Join parent educator Julie King for fresh ideas. Bring your challenges and concerns and leave with concrete strategies and renewed hope that you, too, can thrive as parents of young children. \$35.

**Tues., Oct. 19 6:30 – 8:30 pm**

**REVISITING KIDS, PARENTS, AND POWER STRUGGLES: SECRETS OF EFFECTIVE DISCIPLINE**

(birth – 10 years). In March 2010, Parents Place presented a talk by author Mary Sheedy Kurcinka. If you attended the talk or have read her book, *Kids, Parents and Power Struggles*, join parent educator Mical Falk, PhD, to continue the discussion about Kurcinka's ideas about discipline for children up to age 10. Bring your questions, insights, and concerns. \$35.

**Tues., Oct. 26 6:30 – 8:00 pm**

**FATHERS AND DAUGHTERS** (2 – 10 years). A strong father-daughter relationship helps girls develop self-confidence. Learn tools to help your daughter thrive. With Robert Scott, MSW. \$35.

**Tues., Nov. 2 6:30 – 8:30 pm**

**MOTHERS AND SONS** (2 – 10 years). Tips and resources for establishing and maintaining this wonderfully unique, yet sometimes challenging, relationship. With Mical Falk, PhD. \$35.

**Wed., Nov. 3 6:30 – 8:30 pm**

**YOU'RE DRIVING ME CRAZY! PARENTAL ANGER**

(all ages). Explore parental anger and constructive ways to express it with your children. With Susan Byrd, LCSW. \$35.

**Thurs., Nov. 4 7:00 – 8:30 pm**

**KEEPING YOUR RELATIONSHIP STRONG** (all ages).

Juggling your needs, your partner's needs, and the needs of your child is an incredibly complex and challenging task. When a parenting relationship works well, it feels like magic ... and when it's not going well, it is often the source of intense pain and sorrow. Through serious and playful discussion and exercises, we will work on enhancing the quality of your parenting relationship. For couples only. With John Gusman, LCSW. \$70 per couple.

**Mon., Nov. 15 6:30 – 8:30 pm**

**HOW TO AVOID PARENTAL BURNOUT** (all ages). You're juggling a million balls and experiencing a high level of physical and mental stress. You're doing the most important job you'll ever do: being a parent! Join us to learn how to cope with the stresses of parenting and how to avoid parental burnout. With Susan Byrd, LCSW. \$35.

**Wed., Nov. 17 7:00 – 8:30 pm**

**TALKING TO YOUR KIDS ABOUT ADOPTION** (all ages). Adoption Connection and Parents Place of Marin are pleased to offer a workshop for adoptive parents. Join Heidi Bonfigli, MA, for a discussion about talking to adopted children and adolescents. \$35.

## FOR PARENTS OF CHILDREN BIRTH TO 3 YEARS

**Wednesdays, Oct. 6 – Nov. 10**

**10:30 – 11:30 am**

**FREE. NEW MOMS' SUPPORT GROUP** (birth – 9 months).

Join other new mothers to discuss the joys and challenges of becoming a mom, make new friends, and form networks as we discuss both the practical and the emotional issues of parenting. Topics include helping your baby sleep through the night; breast and/or bottle-feeding; changing relationships with friends, family, and partner; and taking care of yourself. With Rebecca Breen, LCSW. Free, but preregistration is required. Six-week series.

**Tues., Nov. 9 6:30 – 8:30 pm**

**UNDERSTANDING TODDLERS AND TWOS: GUIDANCE AND DISCIPLINE** (18 – 36 months).

Gain developmental understanding of how best to support your little ones and preserve your sanity! With Tracy Johnson, MA. \$35.

**Mon., Dec. 6 6:30 – 8:30 pm**

**TERRIFIC TWOS: TANTRUM TAMING, TOILETING AND MORE**

Setting limits, coping with aggression, and developing socialization skills. With Lee Ann Slaton, MS. \$35.

## FOR PARENTS OF PRESCHOOL – ELEMENTARY SCHOOL CHILDREN

**Mondays, Sept. 13, 20, and 27 and Oct. 4**

**6:30 – 8:30 pm**

**JANE NELSEN POSITIVE DISCIPLINE SERIES, PART 2** (3 – 6 years).

Learn to better understand your child's behavior, exercise discipline with love and respect, and practice newly learned tools and skills. This is a continuation of Jane Nelsen workshops held in January and June 2010. With Bonnie Romanow, Jane Nelsen-certified educator. \$120. Four sessions.

**Thurs., Nov. 4 6:30 – 8:30 pm**

**FEISTY THREES AND FOURS**

Learn why they're feisty and how to enhance cooperative behavior. With Bonnie Romanow, childhood development specialist. \$35.

**Tues., Nov. 9 6:30 – 8:30 pm**

**DEVELOPING RESPONSIBILITY** (3 – 10 years).

Teaching techniques to develop your child's ability to respond to the multiple choices they must make every day. With Robert Scott, MSW. \$35.

**Tues., Nov. 16 6:30 – 8:30 pm**

**POSITIVE DISCIPLINE** (6 – 10 years).

Topics of discussion include behavioral development, temperamental differences, and practical limit-setting techniques. With Lee Ann Slaton, MS. \$35.

**Wed., Dec. 1 6:30 – 9:00 pm**

**WHAT TO DO WITH THE MAD YOU (AND YOUR CHILD) FEEL** (4 – 10 years).

Explore helpful perspectives on anger and self-control for both you and your children, and learn strategies to help children develop self-regulation skills. With Bonnie Romanow, childhood development specialist. \$40.

## Staff Spotlight

### John Gusman



John Gusman, Clinical Director of Parents Place, brings more than 30 years of experience in the field of child development to his work with us. As a licensed therapist, he trained at University of California, Berkeley, Stanford Child Psychiatry, and with many of the Bay Area's top consultants. John combines clinical excellence with a special ability to connect with children. At times, when appropriate to the child's needs, John brings humor, magic tricks, and Roxy, a trained therapy dog, into his sessions to help children open up and develop trust. John is an expert consultant for families dealing with adoption, divorce, loss, behavioral difficulties, and parenting conflicts, as well as general parenting concerns.

## Donate your vehicle

...and turn your car into support for Parents Place services.

We pick up the car and handle the paperwork; all you have to do is call **1-888-415-4847**. Thanks!

