

Stephanie Barry Agnew, BA

Stephanie has an extensive background in Early Childhood Education, with 25 years of teaching experience. She was trained and taught at Bing Nursery School while getting her degree at Stanford and directed her own preschool in Palo Alto. For the past 14 years, she has been a parent educator and is currently the Parent Education Coordinator for Parents Place in San Mateo. Stephanie's specialties include young child behavior management, kindergarten readiness, school choices, preschool teacher training and support, and work/family/life balance. She teaches parenting classes, leads teacher training workshops, observes children at home and at school, and offers parent consultation. Her new class, **"Hurried Parents and Over-Scheduled Children – What to Do?,"** will help parents think about how to set priorities for their family and create a balance that reduces stress. Stephanie has two daughters in their 20s.



The instructors at Parents Place are smart, empowering, understanding—and deliver the information in a helpful way. They are great! We were given many ideas, phrases, and tips to use, and our confidence as parents really grew.

Donate your vehicle

Receive a tax benefit. Help shape a child's life. With one simple 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 on the Peninsula

Parents Place is a caring and inclusive family resource center that gives families access to the support, tools, and services needed to raise healthy children.

Discounted fees are available for couples, partners, and other family members registering for the same group. Subsidies are available for all. Please inquire when registering.

Cancellation Policy: Please choose your workshop carefully, since Parents Place is unable to issue refunds if you cancel your participation in a workshop. If you are unable to attend a workshop and you provide at least **one week advance notice** by contacting us at ParentsPlacePeninsula@jfcs.org or 650-688-3040, we will apply your payment to another workshop. **If you cancel after the one-week deadline, we are not able to issue a credit toward a future workshop.** You may reschedule one time per quarter for a different workshop. If JFCS Parents Place cancels a group or workshop, you are entitled to a full refund or credit for a future workshop.

Parents Place Staff

- Stephanie Agnew, BA**, Parent Education Coordinator, San Mateo: early childhood education and child development specialist; discipline, school choice, preschoolers
- Karen Friedland-Brown, MA**, Parent Education Coordinator, Palo Alto: specialist in early childhood, school problems, discipline, sleep, couples relationship, bullying prevention
- Gloria Moskowitz-Sweet, LCSW**, Parents Place Community Education Coordinator: specialist in multicultural/multilingual, twins, learning differences, bullying prevention
- Nirit Zandman, MA**, Coordinator of Center for Special Needs: specialist in sensory integration, inclusion, and special education
- Susan Stone Belton, BSE**, Parent Coach: child development specialist
- Chen Bentov, MFT**, Therapist: child development specialist, expertise in ADHD
- Diana Blank, LCSW**, Therapist: divorce and separation specialist
- Tracy Cubbison, BA**, Teacher with specialty in special needs and behavior management
- Sue Dinwiddie, MA**, Parent Educator and Staff Trainer: child development specialist
- Sheila Dubin, MS**, Parent Guidance Specialist: school-age, adolescence, development of girls
- Elizabeth Eastman, LCSW**, Therapist: new parent adjustment, couples specialist
- Heidi Emberling, MA**, Early Childhood Educator: child development specialist, music specialist
- Torrey Mandell Freeman, MA**, Counselor and Parent Educator
- Julie Graham, PsyD**, Therapist: expert in teen development, couples specialist
- Jomary Hilliard, PhD**, Therapist: expert in boy development, school adjustment
- Lori Krolik**, Organizational Specialist; owner of More Time for You
- Lori Longo, MA**, Early Childhood Educator; child development specialist
- Erica Pelavin, LCSW, PhD**, Family Therapist: specialist in temperament, siblings, relationship issues, work-life balance, and bullying prevention
- Karen Ross, MA, RD**, Nutritionist: registered dietician and health educator
- Denise Salin, LMFT**, High School Counselor and Early Childhood Specialist: friendship, temperament, adolescent development
- Kirk Stuepfert, MSW**, School Social Worker: specialist in childhood friendship and social skills
- Aly Yisrael, MPH, MSW**, Health Educator: expert in prevention of eating disorders, body image, and media literacy



www.parentsplaceonline.org/peninsula

Fall Lecture Series
New at Parents Place: Family Yoga
Independent School Kindergarten Fair and Preschool and Childcare Fair

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
KORET FAMILY RESOURCE CENTER
 200 Channing Avenue, Palo Alto, CA 94301

 Find us on Facebook

Come to Parents Place for Parent Coaching and Consultation

Do you have concerns about your child's development, interactions, or behavior? At Parents Place, we offer individual parent and family consultations or observations at your child's preschool. Our areas of expertise include: behavior and positive discipline; temperament; sleep habits; toilet learning; school choices; learning differences and school issues; adolescent issues; and more.

Palo Alto: Contact Karen Friedland-Brown at 650-688-3032 or KarenFB@jfcs.org.

San Mateo: Contact Stephanie Agnew at 650-931-1841 or StephanieA@jfcs.org.

School Fairs

Parents Place Helps You Make School Choices

Independent School Kindergarten Fair –

Thursday, October 21, 6:00 – 8:00 pm, at our Palo Alto office.

Preschool and Childcare Fair –

Monday, November 15, 6:00 – 8:00 pm, at our San Mateo office.

Meet representatives from a wide variety of Peninsula schools and gather useful information about program philosophies, the application process, and tuition fees. Free.



Domestic Adoption Orientation

A workshop on **Tuesday, October 19, 7:00 – 8:30 pm**, at our Palo Alto office will explain the process of domestic open adoption and the services of JFCS' Adoption Connection. Free, but registration required. Call 415-349-2462 or email Maliak@jfcs.org. Visit www.adoptionconnection.org/workshops.

Preschool and Early Elementary Social Skills Groups

We are offering two 10-session groups for children ages 3 – 5 years old or 5 – 7 years old who are experiencing difficulty in preschool or classroom settings. Using music, play, games, and books, children will practice and learn how to interact with peers in a group setting. Parents can learn about their children's progress and receive group support. For more information, contact Mimi Ezray at 650-688-3043 or MimiE@jfcs.org.

Center for Special Needs Expands Offerings

We have recently added **Speech/ Language and Occupational Therapy** to our range of services. Our Center for Special Needs provides comprehensive services for children with learning, behavioral, physical, developmental, neurological, and emotional disabilities. We provide: assessment and diagnosis, planning and coordination of services, mental health counseling, and advocacy with schools and health professionals. For more information, contact Nirit Zandman at 650-688-3028 or NiritZ@jfcs.org.

Fall Lecture Series

Managing Emotions (3 – 8 years). You can teach your children skills to help them cope when their feelings overtake them. Find new ways to manage your own anger and frustration when your children's behavior gets the better of you. With Sue Dinwiddie, MA.

That Makes Me So Mad! Child Anger – Mon., Sept. 20

You're Driving Me Crazy! – Mon., Sept. 27

Parent Anger – Negotiating with Kids – Mon., Oct. 4

All sessions **7:00 – 9:00 pm** at our San Mateo office. \$35 per session; \$105 for the series.

New at Parents Place: Family Yoga

stretch.play.yoga is now offering family yoga classes at Parents Place in Palo Alto and San Mateo. While increasing children's flexibility, strength, balance, and coordination, yoga teaches children the skills they need, such as concentrating and calming one's own body and mind, to help them cope with life's stresses. Yoga is a fun, non-competitive, and approachable activity that quickly builds self-confidence, body-awareness, and self-respect. Yoga with an adult or family member provides many benefits, including bonding time and strategies for using yoga at home to help children manage stress. **See listings of our classes for dates and times.**

Palo Alto Programs

All are held at the Koret Family Resource Center, 200 Channing Ave., Palo Alto. Phone: 650-688-3040

PARENT/CHILD ACTIVITY GROUPS

Tuesdays & Thursdays 10:30 am – noon
Wednesdays 3:30 – 5:00 pm

DROP-IN PLAY (birth – 5 years). Join us in our fun, safe, and stimulating playroom for an hour and a half of free play with your child. A parenting educator is on hand to talk about your parenting concerns. \$8 per session / \$35 for five-session card (savings of \$5). No preregistration required.

1st Thursdays of the Month 10:30 am – noon
SPECIAL DROP-IN: "ASK THE DEVELOPMENTAL SPECIALIST." An opportunity to ask questions or share concerns about your child's development. With Nirit Zandman, specialist in sensory integration and special education.

1st Friday of the Month 9:30 – 11:00 am
"TWIN DROP-IN." Bring your twins (and other siblings) and meet other families. Share and discuss tips for raising multiples. \$8 per session / \$35 for five-session card (savings of \$5). With Lori Longo.

Tuesdays, Sept. 14 – Nov. 9 9:00 – 10:30 am
TODDLER SOCIAL CLUB (16 – 24 months). We begin with an art project, then discuss topics related to the toddler years (including sleep issues, Positive Discipline techniques, social/emotional development, and more), and conclude with circle song time. \$180 for nine sessions. With Torrey Freeman, MA.

Wednesdays, Sept. 15 – Nov. 17 9:30 – 11:00 am
TERRIFIC TWOS – GETTING READY FOR PRESCHOOL (2 – 3 years). While children learn to separate from their parents and play in a preschool-like setting, parents discuss the huge developmental changes of the two-year-old. \$300 for 10 sessions (includes \$100 for playcare for children). With Karen Friedland-Brown, MA, and Lori Longo, MA.

Mondays, Sept. 20 – Dec. 13 (no class Oct. 11)
9:30 – 10:15 am OR 10:30 – 11:15 am
MUSIC TOGETHER (birth – 4 years). A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. \$220/\$162 for sibling, for 12 sessions (includes illustrated songbook and two CDs).

Fridays, Sept. 24 – Nov. 12 9:30 – 10:00 am
PARENT AND ME YOGA (2 – 5 years). Young children accompanied by a parent or caregiver learn the foundation of yoga in a fun and playful way. Parents gain tips on how to use yoga techniques to help their active toddlers both direct their limitless energy and calm themselves in a fun and healthful way. \$140 for adult/child pair for eight sessions (\$94 for additional child). With Brandy Stroh, certified stretch.play.yoga instructor.

WORKSHOPS FOR PARENTS

FOR PARENTS OF CHILDREN OF ANY AGE

Mondays, Sept. 23 & 30 7:00 – 8:30 pm
PARENTS WITH CANCER. An open discussion of how to maintain a positive approach to parenting in this situation. Free. With Cathy Bloomfield, LMFT. Dinner provided. At Sobrato Center, 1400 Parkmoor, San Jose. Call FamiliesCAN at 408-496-6336 to reserve a space.

Wed., Oct. 20 7:00 – 9:00 pm
HURRIED PARENTS AND OVER-SCHEDULED CHILDREN – WHAT TO DO? \$35. With Stephanie Agnew, BA.

Thurs., Oct. 28 7:00 – 9:00 pm
FOR DADS ONLY – THE JOYS AND CHALLENGES OF RAISING DAUGHTERS. \$35. With Kirk Stuepfert, MSW.

Tues., Dec. 7 Noon – 2:00 pm
GOING WITH THE FLOW – UNDERSTANDING YOUR CHILD'S TEMPERAMENT. (Bring your lunch.) \$35. With Karen Friedland-Brown, MA.

FOR PARENTS OF YOUNG CHILDREN

Tuesdays, Sept. 21 & 28 6:30 – 8:30 pm
PARENTING YOUNG CHILDREN THROUGH SEPARATION AND/OR DIVORCE (birth – 6 years). \$60 for two sessions. Childcare is available by reservation only: \$10 per session; \$5 per additional child. Call 650-688-3040 to reserve childcare. With Diana Blank, LCSW.

Tues., Sept. 28 7:00 – 8:30 pm
PRETEND PLAY IN PRESCHOOL CHILDREN: RECOGNIZING AND UNDERSTANDING RED FLAGS IN PLAY. (2 – 5 years). Free. With Carol Slotnick, PhD. Offered in collaboration with The Reading Clinic.

Wed., Sept. 29 7:00 – 9:00 pm
DISCIPLINE WITHOUT GUILT (3 – 8 years). \$35. With Sue Dinwiddie, MA.

Thurs., Sept. 30 7:00 – 9:00 pm
BYE-BYE DIAPERS – TOILET LEARNING (18 months – 4 years). \$35. With Heidi Emlinger, MA.

Wed., Oct. 6 7:00 – 9:00 pm
ENCOURAGING RESPONSIBILITY (ages 3 – 8 years). \$35. With Sue Dinwiddie, MA.

Thurs., Oct. 7 7:00 – 9:00 pm
TANTRUM TAMING FOR TODDLERS AND TWOS (12 – 36 months). With Susan Stone Belton, BSE.

Tuesdays, Oct. 12 & 19 7:00 – 9:00 pm
BEYOND SIBLING RIVALRY: KEEPING THE PEACE (3 – 8 years). \$60 for two sessions. With Erica Pelavin, PhD.

Tues., Oct. 26 7:00 – 9:00 pm
BOYS AND DISCIPLINE (3 – 8 years). \$35. With Jomary Hilliard, PhD.

Thurs., Nov. 4 7:00 – 9:00 pm
CHOOSING THE BEST KINDERGARTEN FOR YOUR CHILD (3 – 5 years). \$35. With Sue Dinwiddie, MA.

Wed., Nov. 17 7:00 – 9:00 pm
NIGHT, NIGHT – SLEEP TIGHT – SOLVING YOUR CHILD'S SLEEP ISSUES (1 – 5 years). \$35. With Heidi Emlinger, MA.

FOR PARENTS OF SCHOOL-AGE CHILDREN

Mondays, Oct. 18 – Nov. 15 6:30 – 8:30 pm
ADHD AND CREATIVE PARENTING (preschool – 5th grade). \$175 for five sessions. With Chen Bentov, MA, Nirit Zandman, MA, and guest speakers.

Wed., Nov. 3 7:00 – 9:00 pm
CONNECTING WITH YOUR CHILD EVERY DAY (5 – 11 years). \$35. With Susan Stone Belton, BSE.

Wed., Nov. 10 7:00 – 9:00 pm
HOMEWORK HELP – WHAT IS THE PARENTS' ROLE? (1st – 6th grade). \$35. With Ali Meyers, MSW, Meyers Learning Center.

Tues., Nov. 16 7:00 – 9:00 pm
HELP YOUR CHILD LEARN TO LOVE WRITING (kindergarten – 5th grade). How do I know when my child needs help with his or her writing, and what can I do? Free. With Margaret Galloway, MS.

San Mateo Programs

All are held at the Eleanor Haas Koshland Center, 2001 Winward Way, San Mateo. Phone: 650-931-1840.

PARENT/CHILD ACTIVITY GROUPS

Mondays & Fridays 9:30 – 11:00 am
Tuesdays 4:00 – 5:30 pm
Wednesdays 10:30 am – noon

DROP-IN PLAY (birth – 5 years). Join us in our fun, safe, and stimulating playroom for an hour and a half of free play with your child. A parenting educator is on hand to talk about your parenting concerns. \$8 per session / \$35 for five-session card (savings of \$5). No preregistration required.

2nd Wednesday of the Month 10:30 am – noon
SPECIAL DROP-IN: "ASK THE DEVELOPMENTAL SPECIALIST." An opportunity to ask questions or share concerns about your child's development. With Nirit Zandman, specialist in sensory integration and special education.

4th Thursday of the Month 4:00 – 5:30 pm
"TWIN DROP-IN." Bring your twins (and other siblings) and meet other families. Share and discuss tips for raising multiples. \$8 per session. With Lori Longo.

Tuesdays, Sept. 14 – Nov. 16 9:30 – 10:15 am OR
Thursdays, Sept. 16 – Nov. 18 4:30 – 5:15 pm

MUSIC TOGETHER (birth – 4 years). A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. \$195 for 10 sessions (includes illustrated songbook and 2 CDs); \$112.50 for siblings more than 7 months old.

Wednesdays, Sept. 22 – Nov. 10 6:00 – 6:45 pm
NEW FAMILY YOGA CLASS (2 – 10 years). Share an evening of joyful family yoga. Through fun partner poses, creative breathing exercises, and simple relaxation techniques, parents, caregivers, and children create the roots for a longtime practice together. \$140 for an adult/child pair for eight sessions; \$94 for one additional person; \$54 for the fourth and additional persons. With Sita Stottlemeyer, certified stretch.play.yoga instructor.

WORKSHOPS FOR PARENTS

FOR PARENTS OF CHILDREN OF ANY AGE

Tues., Sept. 28 7:00 – 9:00 pm
NEW CLASS! AN ORGANIZED FAMILY IS NOT AN OXYMORON. \$35. With Lori Krolik, professional organizer and time management consultant.

Tues., Oct. 12 7:00 – 9:00 pm
MOTHERS AND SONS. \$35. With Jomary Hilliard, PhD.

Mon., Oct. 18 7:00 – 8:00 pm
ASK THE NANNY EXPERT. Free. With Daryl Camarillo, Stanford Park Nannies.

FOR PARENTS OF YOUNG CHILDREN

Wednesdays, Sept. 22 & 29 7:00 – 9:00 pm
TURNING NO INTO YES – ENCOURAGING COOPERATIVE BEHAVIOR IN YOUNG CHILDREN (18 months – 3 years). \$60. With Heidi Emlinger, MA.

Wed., Oct. 13 7:00 – 9:00 pm
JUGGLING TWO – THE NEW BABY AND THE OLDER SIBLING (2nd trimester – 3 months). \$35. With Heidi Emlinger, MA.

Wed., Oct. 20 7:00 – 9:00 pm
FOOD, FAMILY, AND FUN – A FAMILY'S GUIDE TO HEALTHY EATING (2 – 8 years). \$35. With Karen Ross, MA, RD.



Tuesdays, Oct. 26 – Nov. 16 6:00 – 8:00 pm
PARENTING THE POSITIVE DISCIPLINE WAY (3 – 8 years). \$140 for four sessions. Childcare is available by reservation only: \$10 per session / \$5 for additional child. Call 650-931-1840 to reserve childcare. With Stephanie Agnew, BA.

Mon., Nov. 1 7:00 – 9:00 pm
GET READY TO READ! TEACHING SKILLS THROUGH PLAY AND STORIES (3 – 5 years). \$35. With Lynne Ruppel, MA.

Thurs., Nov. 18 7:00 – 9:00 pm
CHOOSING A PRESCHOOL AND BOOK SIGNING. \$35. With Jen Wana, author of *How to Choose the Best Preschool for Your Child*.

Tuesdays, Nov. 30 & Dec. 7 6:30 – 8:30 pm
PARENTING AS A TEAM: FOR COUPLES (birth – 6 years). \$100 per couple for two sessions. Childcare is available by reservation only: \$10 per session / \$5 for additional child. Call 650-931-1840 to reserve childcare. With Erica Pelavin, LCSW, PhD.

FOR PARENTS OF SCHOOL-AGE CHILDREN

Mondays, Sept. 13 – Nov. 1 9:30 – 11:30 am
SUPPORT GROUP FOR MOTHERS OF CHILDREN WITH SPECIAL NEEDS (kindergarten – 5th grade). \$350 for eight sessions. With Mimi Ezray, LCSW, MPH.

Tuesday, Oct. 5 7:00 – 9:00 pm
HELPING CHILDREN WITH ANXIETY DEVELOP COPING STRATEGIES (kindergarten – 5th grade). \$35. With Mimi Ezray, LCSW, MPH.

Wed., Oct. 6 7:00 – 9:00 pm
SETTING LIMITS – RAISING RESPONSIBLE CHILDREN THROUGH CHOICES AND CONSEQUENCES (2nd – 8th grade). \$35. With Susan Stone Belton, BSE.

Thursdays, Oct. 7 – Nov. 11 7:00 – 8:30 pm
KIDS TURN (4 – 17 years). A parent/child workshop for families experiencing parental separation or divorce. Six sessions. To register, call 415-437-0700 or visit www.kidsturn.org.

Wed., Nov. 10 7:00 – 9:00 pm
DEVELOPMENTAL RED FLAGS – WHAT TO LOOK FOR AND WHAT TO DO (5 – 16 years). Free. With Jessica Rosenbaum, PhD, in collaboration with the Reading Clinic.

