



GROUPS & WORKSHOPS WINTER 2010

Groups marked with an * are for adults and children together. Workshop fees are per adult registrant; playroom fees are per family. **Reduced fees are available. No one will be turned away.**

IN THE PLAYROOM

■ **Drop-in Playtime* (under 5)** *No preregistration*
Join other parents and our playroom facilitator while your children play. **Tuesdays and Thursdays, 10:00 – 11:30 am.** \$8/session; \$35/5 sessions.

■ **Baby Signs Playgroup***
Learn sign language with your baby. Sing, sign, and play. Jeni Clancy. **Fridays, March 19 – April 9, 10:00 – 11:00 am.** \$95/family, 4 sessions; fee includes book.

■ **Music Together of Marin* (Birth – 5)**
A joyful musical experience for parents or caregivers and children. 8-week series includes singing, dancing, and instrument play. \$180/child; \$120 each additional sibling (includes book and 2 CDs). Free demonstration: **Sunday, January 10, 10:00 – 10:45 am or 11:00 – 11:45 am.** Winter series: **Mondays, January 25 – March 22 (no session February 15), 9:30 – 10:15 am or 10:30 – 11:15 am.** Spring series: **Mondays, April 19 – June 14 (no session May 31), 9:30 – 10:15 am or 10:30 – 11:15 am.**

■ **Let's Make Music!***
Co-presented with Youth-In-Arts, an interactive experience for 11- to 16-year-olds with special needs. Drumming, singing, and movement help students develop motor and language skills. Rachael Bouch-Diamondstein, mentor artist. **Wednesdays, February 3, 10, and 24 and March 3 and 10, 4:00 – 5:00 pm.** \$100, 5 sessions.

■ **Ready-Set-Go: Preschool Practice* (2 – 3 years)**
Prepare your child for preschool. Discuss with our parent educator effective strategies for raising a preschooler while your child is next door in a preschool-like setting with our playroom facilitator. Julie King, JD, parent educator, and Cristol O'Loughlin, playroom facilitator.

Wednesdays, February 24 – March 17, 10:00 – 11:30 am. \$130/family, 4 sessions.

■ **Special Month-of-the-Young Child Event – Puppet Magic!**
Explore the magical world of puppets with your child. **Thursday, April 22, 11:00 am – 12:00 pm. Free.**

DISCIPLINE, GUIDANCE, AND COMMUNICATION

■ **Feisty Threes and Fours**
Learn why they're feisty and how to enhance cooperative behavior. Bonnie Romanow, childhood development specialist. **Monday, April 26, 6:30 – 8:30 pm.** \$35.

■ **Jane Nelsen Positive Discipline Series (3 – 6)**
Learn to better understand your child's behavior, exercise discipline with love and respect, and more. Practice newly learned tools and skills. Bonnie Romanow, Jane Nelsen-certified educator. **Tuesdays, January 19 – February 9, 7:00 – 9:00 pm.** \$120, 4 sessions.

■ **Positive and Effective Discipline (3 – 5): A Crash Course**
Learn to improve limit-setting, encourage responsibility, foster communication, and more. Susan Byrd, LCSW. **Tuesday, March 2, 6:30 – 9:00 pm.** \$40.

■ **Stimulating Language Development Throughout the Day**
A focus on language development in young children and on turning everyday activities—like mealtime, storytelling, and bathing—into language-building opportunities. Learn new ideas to incorporate easily into your busy schedule. Jennifer Lopez, MS CCC-SKO, founder of Just Kids Learning Center. **Tuesday, February 23, 7:00 – 8:30 pm.** \$30.

WE'RE HERE TO HELP IN WHATEVER WAYS ARE BEST FOR YOU!

■ **Build Your Own Workshop!**
Don't see the workshop you need right now? Workshop times don't fit your schedule? Now you can "build" your own. We provide the group leader and the space. You choose topic, date, and time. Topics may include Talking So Kids Listen, Raising Sons, Raising Daughters, Taming Toddlers and Twos, and more.

■ **Parent Coaching and Consultation Services**
Sometimes you need more individualized assistance to address a parenting challenge. All of our parent coaches—highly trained professionals with a minimum of 10 years of experience—have raised their own children. Let us help you choose the consultant who best meets your family's needs.

■ **What to Do When You Reach the End of Your Rope: New Parenting Strategies (2 – 6)**

Where do you turn after you've tried everything and *nothing works*? What do you do when you get to the end of your rope with your kids ... but you have to keep going? Join Bay Area parenting expert Julie King, JD, for fresh ideas. Bring your challenges and concerns and leave with concrete strategies, tools, and resources. **Thursday, February 4, 6:30 – 8:30 pm.** \$35.

■ **What to Do with the Mad You Feel (4 – 10)**
Helpful perspectives on anger and self-control for you and your children. Learn strategies to help children develop self-regulation. Bonnie Romanow, childhood development specialist. **Monday, April 12, 6:30 – 9:00 pm.** \$40.

THE EARLY YEARS, BEHAVIOR, AND DEVELOPMENT

■ **Choosing a Preschool**
Navigate the preschool maze and learn the best approaches to choosing a quality program. Lori Rifkin, PhD, co-author of *Finding a Preschool in San Francisco and Marin*. **Thursday, January 21, 7:00 – 8:30 pm.** \$30.

■ **Night-Night, Sleep Tight**
Get tips to manage sleep problems such as separation anxiety, nighttime waking, typical fears, and bedtime power struggles, as well as strategies to create a routine for peaceful bedtimes. Susan Byrd, LCSW. **Tuesday, February 2, 6:30 – 8:30 pm.** \$35.

■ **The Terrific Twos**
Setting limits, coping with aggression, and developing socialization skills. Lee Ann Slaton, MS. **Monday, February 8, 6:00 – 8:00 pm.** \$35.

■ **What's Going on in There: The Brain and Behavior in Young Children**
Learn how the brain develops in young children, gain a deeper understanding of behavior, and develop more empathetic and realistic expectations. Bonnie Romanow, childhood development specialist. **Monday, April 19, 6:30 – 8:00 pm.** \$30.

■ **Your One-Year-Old: What to Expect**
Developmental milestones, sleeping and eating behaviors, and the beginning of limit-setting. Lee Ann Slaton, MS. **Wednesday, March 10, 10:30 am – 12:00 pm.** \$30.

ADOPTIVE FAMILIES

■ **Birth Parent Relationships for Adoptive Parents**
What can you expect once a birth parent has decided to get to know you? We will discuss ways to improve communication with your birth parent, common fears about open adoption, and how to anticipate changes in the relationship over time. Heidi Bonfigli, MA. **Wednesday, January 27, 7:00 – 8:30 pm.** \$30.

STRENGTHENING FAMILY RELATIONSHIPS

■ **Parenting Together**
Two people making decisions about one child can be crazy-making! Parenting expert Robert Scott, MSW, will help you get on the same page. **Wednesday, January 20, 6:30 – 8:30 pm.** \$35.

■ **Raising Your Only Child**
The joys and challenges of raising one: avoiding spoiling, fostering independence, and encouraging positive social relationships. Robert Scott, MSW. **Wednesday, February 3, 6:30 – 8:30 pm.** \$35.

■ **Staying Sane as a Single Parent**
Discussion, tips, and resources for parents single for any reason. Robert Scott, MSW. **Thursday, March 4, 6:30 – 8:30 pm.** \$35.

Preregistration one week prior to the session is required for groups and workshops. To register for a group or workshop, or to receive information about any of our programs, contact us at **415-491-7959** or by email at **ParentsPlaceMarin@jfcs.org**.

View detailed descriptions of all offerings and register online at

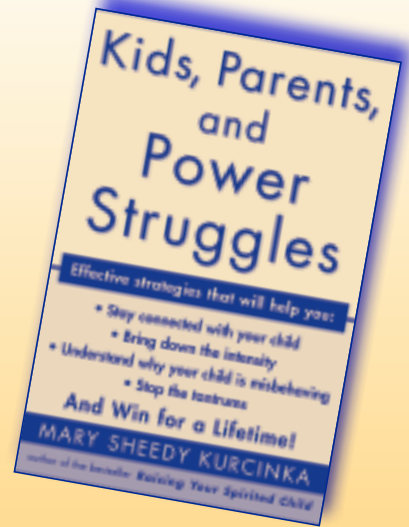
www.ParentsPlaceOnline.org

Parents Place is located at **600 Fifth Avenue** in San Rafael.

Kids, Parents, and Power Struggles: Secrets of Effective Discipline



Parents Place is pleased to present **Mary Sheedy Kurcinka, MA**, best-selling author, internationally recognized lecturer, parent educator, and early childhood teacher. Known for her real-life examples, she links research-based information with typically challenging behaviors and provides practical solutions that really work. Her influential writings on topics such as temperament, neurobiology, the importance of sleep, and emotion coaching have helped parents around the world to understand their children's needs better. **Tuesday, March 23, 7:00 – 9:00 pm.** Lark Theater (549 Magnolia Avenue, Larkspur). \$15 in advance (preregister by March 22); \$20 at the door. Register online at parentsplaceonline.org.



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1-888-415-4847 (HUGS)

Parents Place will be a beneficiary of the second annual Marin Marathon!

On **Sunday morning, April 25**, more than 1,000 runners, joggers, and walkers will lace up at McNear's Beach to enjoy some great exercise and raise money for three terrific organizations, including Parents Place! Whether you plan on running a full or half marathon, 10k or 5k, participating in the family activities, or coming as a volunteer, this will be a fun event for all! Register at www.marinmarathon.com. If you would like to volunteer on behalf of Parents Place, contact RebeccaB@jfcs.org.

Marin
parentsplace



Winter 2010 calendar

because you're doing the world's most important job



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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