

Peninsula ParentsPlace

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
- Finding quality preschool and childcare settings
- Learning differences and school issues
- Adolescent issues

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

Bullying Prevention

Parents Place Bullying Prevention Program offers training in the nationally known, evidence-based program "Steps to Respect" for grades 3 – 6. Topics for parents and teachers may include cyberbullying, girls and relational aggression, and an overview of bullying. Training formats include a half-day teacher professional development program, a full-day staff training for all school personnel, and a two-hour parenting education program. For information, contact Gloria Moskowitz-Sweet at 650-688-3037 or GloriaMS@jfcs.org. If you are concerned about bullying behavior at your school, contact Parents Place.

Preschool Social Skills Group

This 10-session group is for children ages 3 – 5 who are experiencing difficulty in preschool settings. Using music, play, games, and books, children will practice and learn how to interact with peers in a group setting. A parent component includes opportunities to learn about your child's progress and receive group support. For more information, contact Don Sussman, LCSW, at 650-688-3046 or DonS@jfcs.org.

Center for Special Needs

The Parents Place Center for Special Needs in San Mateo and Palo Alto provides comprehensive care for children with learning, behavioral, physical, developmental, neurological, and emotional disabilities and for their families. Our mission is to optimize children's emotional and social well-being and development so that they may achieve their highest potential. We provide a full range of services, including 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

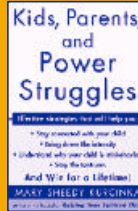
SPECIAL WINTER AUTHOR EVENT



An Evening with Best-Selling Author Mary Sheedy Kurcinka, MA



Internationally recognized lecturer, parent educator, and author of *Raising Your Spirited Child* (book and workbook), *Kids, Parents and Power Struggles*, and *Sleepless in America: Is Your Child Misbehaving or Missing Sleep?*



Kids, Parents and Power Struggles: Secrets to Effective Discipline. Thursday, March 25, 7:00 pm. Sequoia High School Auditorium, Redwood City. Tickets are \$15/ person in advance and \$20 at the door if space is available.



Known for her real-life examples, Mary Sheedy Kurcinka links research-based information with typically challenging behaviors and provides practical, effective solutions. A licensed parent educator and early childhood teacher, she has pioneered efforts to bring temperament, neurobiology, the importance of sleep, and emotion coaching into homes, schools, medical practices, and businesses. Her presentations have helped hundreds of thousands of parents and professionals to understand better both children and themselves. She holds a master's degree in Family Social Science and is working on her doctorate.

Gain a deeper understanding of temperament and behavior at two half-day workshops led by Mary Sheedy Kurcinka:

Proudly cosponsored by *Childhood Matters* and *Bay Area Parent magazine*

FOR TEACHERS, THERAPISTS, AND PARENT EDUCATORS: Challenging Child Behaviors: Helping all Children Be Successful
Wednesday, March 24, 2:00 – 5:00 pm, at Parents Place, Palo Alto
 Regular fee: \$150; CEU units available (for LMFTs and LCSWs): \$175
 Group rates and scholarships available

FOR PARENTS AND PROFESSIONALS: Discipline Strategies That Fit Each Child's Temperament
Thursday, March 25, 9:00 am – 12:00 pm, at Parents Place, San Mateo
 Regular fee: \$150; CEU units available (for LMFTs and LCSWs): \$175
 Group rates and scholarships available

REGISTER FOR BOTH WORKSHOPS IN ADVANCE FOR ONLY \$250!

Go to www.parentsplaceonline.org/peninsula to register for the lecture and workshops and see more detailed descriptions of the topics. You may also call Parents Place at 650-688-3040 or 650-931-1840 with questions. Space is limited – sign up early!

SAVE MONEY and Enjoy More Programs at Parents Place!

ANNUAL MEMBERSHIP

Join Parents Place as an annual member and get unlimited one-session workshops and drop-ins, plus use of the library at no extra cost. In addition, receive a 10% discount on all parent-child activity groups, multi-session classes, or the lecture series (does not include music classes). Membership applies to all members of the family, but can be used by only one person at a time. \$200 for annual membership at one site or \$300 for annual membership at both sites. Must register via telephone. Check our Web site for more details.

DROP-IN

Drop-in card for 5 sessions – \$35; saves \$5.
 Drop-in card for 10 sessions – \$70; saves \$10

parentsplace
 A program of Jewish Family and Children's Services
KORET FAMILY RESOURCE CENTER
 200 Channing Avenue
 Palo Alto, CA 94301

PARENTS PLACE PARENT EDUCATORS

Stephanie Agnew, BA, Parent Education Coordinator, San Mateo: specialist in early childhood education and child development, discipline, school choice, preschoolers

Nan Dellheim, MBA, Parent Educator

Karen Friedland-Brown, MA, Parent Education Coordinator, Palo Alto: specialist in early childhood, discipline, sleep, couples relationships, bullying prevention

Gloria Moskowitz-Sweet, LCSW, Parents Place Community Education Coordinator: specialist in multicultural/multilingual, twins, learning differences, bullying prevention

Susan Stone Belton, BSE, Parent Coach: child development specialist

Lisa Black, MS, CCC-SLP, Speech Language Pathologist

Diana Blank, LCSW, Therapist: divorce and separation specialist

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 and music specialist

Jomary Hilliard, PhD, Therapist: expert in boy development, school adjustment

Lori Longo, MA, Early Childhood Educator: child development specialist

Erica Pelavin, LCSW, PhD, Family Therapist: specialist in relationship issues, work-life balance, bullying prevention

Karen Ross, MA, RD, Nutritionist, registered dietician, and health educator

Lynn Ruppel, MA, Educator: reading specialist

Martha Salazar, Parent Educator
Denise Salin, LMFT, High School Counselor and early childhood specialist: friendship, temperament, adolescent development

Nirit Zandman, MA, Coordinator of Center for Special Needs

JFCS Regional Director: **Beth Schecter, MPH, MBA**

Parents Place is a program of Jewish Family and Children's Services.

Peninsula ParentsPlace



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)



Winter 2010 calendar



All groups marked with an * are for parents (or other adults) and children to attend together. Subsidies are available for all classes. Call 650-688-3040 to request them.

PROGRAMS IN

PALO ALTO

KORET FAMILY RESOURCE CENTER 200 CHANNING AVENUE 650-688-3040

www.ParentsPlaceOnline.org/peninsula

PARENT/CHILD ACTIVITY GROUPS

- **Drop-in Play*** (birth – 5 years) **Tuesdays and Thursdays, 10:30 am – 12:00 pm; Wednesdays, 3:30 – 5:00 pm.** \$8 per session / \$35 for 5-session card (savings of \$5). No preregistration required. Parents Place staff.
- **Special Drop-ins**
First Thursday of the month is "Ask the Special Education Expert" An opportunity for parents to ask questions or share concerns about their children's development. **10:30 am – 12:15 pm.** Nirit Zandman, Parents Place coordinator of the Center for Special Needs.
First Friday of the month is "Twin Drop-in" with Lori Longo. Bring your twins (and other siblings) and meet other families. Share and discuss tips for raising multiples. **9:30 – 11:00 am.** \$8 per session, \$35 for 5-session card (savings of \$5).
- **Your One-Year-Old – Lunch Club*** (9 – 15 months) Discuss the milestones of this dramatically changing time while your children play. Sleep, tantrums, play, and more. Bring your lunch. **Wednesdays, January 13 – March 17, 11:30 am – 1:00 pm.** \$200 for 10 sessions. Heidi Emberling, MA.
- **Toddler Social Club*** (16 – 24 months) Positive discipline, limit-setting, peer relationships, and more. Children play while parents discuss. **Tuesdays, January 12 – March 16, 9:00 – 10:30 am.** \$200 for 10 sessions. Heidi Emberling, MA.
- **Terrific Twos – Getting Ready for Preschool*** (2 – 3 years) Discussion for parents includes development and discipline. Separate playgroup for children: a wonderful first-separation experience. **Wednesdays, January 13 – March 17, 9:30 – 11:00 am.** \$300 for 10 sessions (includes \$100 playcare for children). Karen Friedland-Brown, MA, and Heidi Emberling, MA.
- **Music Together*** (birth – 4 years) A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. **Mondays, January 11 – March 15 (no class January 18 and February 15), 9:30 – 10:15 am, 10:30 – 11:15 am, or 11:30 am – 12:15 pm.** \$160 for 8 sessions (includes illustrated songbook and 2 CDs). Heidi Emberling, MA.
- **Kids Sing*** (3½ – 5 years) An exciting, Kodaly-based music program for preschoolers ready to learn basic music literacy skills through circle singing games, dancing, chants, improvisation, and instrument play. Parents and caregivers may observe or drop off. **Mondays, January 11 – March 15 (no class January 18 and February 15), 1:30 – 2:15 pm.** \$155 for 8 sessions (includes illustrated songbook and 2 CDs). Heidi Emberling, MA.

WORKSHOPS FOR PARENTS

JANUARY

- **Kindergarten Readiness – When Should Your Child Go?** (3 – 5 years) **Tuesday, January 19, 7:00 – 9:00 pm.** \$35. Stephanie Agnew, BA.
- **Bye-Bye Diapers – Toilet Learning** **Tuesday, January 26, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.
- **Empowering Your Daughter to Look Confidently at Herself, Her World, and Her Future** (for mothers of girls in middle school) **Thursdays, January 21 and 28 and February 4, 7:00 – 9:00 pm.** \$90 for 3 sessions. Sheila Dubin, MS, and Nan Dellheim, MBA.

FEBRUARY

- **Winter Lecture Series – Managing Emotions** (3 – 8 years). All sessions **6:30 – 8:30 pm.** \$35 per session, \$105 for the series. Childcare available by reservation only – \$10 per session/ \$5 for additional child. Call 650-688-3040. Bring your own dinner if desired. Sue Dinwiddie, MA.
- **I'm Talking – They're Not Listening – Tuesday, February 2.**
- **I Want It My Way – Guide Children to Problem-Solve – Tuesday, February 9.**
- **Understanding Your Child's Temperament – Tuesday, February 16.**
- **Raising Twins*** (6 months – 5 years) **Wednesday, February 3, 7:00 – 9:00 pm.** \$35. Lori Longo, MA.
- **NEW! Bridging the Digital Divide: A Cyberspace Workshop for Parents and Teens** (ages 11 and up) **Monday, February 8, 7:00 – 9:00 pm.** \$35 per person, \$50 per family (2 or more). Erica Pelavin, LCSW, PhD.
- **Boys and Discipline** (3 – 8 years) **Wednesday, February 10, 7:00 – 9:00 pm.** \$35. Jomary Hilliard, PhD.
- **Raising a Highly Sensitive Child** (2 – 7 years) **Thursday, February 11, 7:00 – 9:00 pm.** \$35. Denise Salin, LMFT.
- **For Dads Only – The Joys and Challenges of Fatherhood** (all ages) **Tuesday, February 23, 7:00 – 9:00 pm.** \$35. Karen Friedland-Brown, MA.
- **Bullies, Targets, and Bystanders** (all ages) **Wednesday, February 24, 7:00 – 9:00 pm.** \$35. Gloria Moskowitz-Sweet, LCSW.
- **Positive Discipline for Preschoolers** (3 – 8 years) **Thursdays, February 25 - March 18, 6:30 – 9:00 pm.** \$140 for 4 sessions. Stephanie Agnew, BA.

MARCH

- **Juggling Two – The New Baby and the Older Sibling** (2nd trimester – 3-month newborns) **Tuesday, March 2, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.
- **Setting Limits – Raising Responsible Children Through Choices and Consequences** (grades 3 – 8) **Monday, March 8, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.
- **How Do I Know if My Child's Development Is on Track?** (2 – 6 years) **Monday, March 15, 6:30 – 8:30 pm.** \$35. Nirit Zandman, MA.
- **Night, Night – Sleep Tight: Solving Your Child's Sleep Issues** (1 – 5 years) **Tuesday, March 16, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

Adoption Connection Orientation in Palo Alto Informational workshop for families considering domestic agency adoption. **Tuesday, January 19, 7:00 – 8:30 pm.** Free. Leah Cohen, JFCS' Adoption Connection.

Special Half-Day Workshop for Professionals (teachers, parent educators, and therapists)

Challenging Child Behaviors: Helping All Children Be Successful

Led by renowned author Mary Sheedy Kurcinka, MA.

Wednesday, March 24, 2:00 – 5:00 pm.

Regular fee: \$150; CEU units available (for LMFTs and LCSWs): \$175

PROGRAMS IN

SAN MATEO

ELEANOR HAAS KOSHLAND CENTER 2001 WINWARD WAY 650-931-1840

www.ParentsPlaceOnline.org/peninsula

PARENT/CHILD ACTIVITY GROUPS

- **Drop-in Play*** (birth – 5 years) **Tuesdays and Fridays, 9:30 – 11:00 am; Wednesdays, 10:30 am – 12:00 pm.** \$8 per session/ \$35 for 5-session card (save \$5). No preregistration required. Parents Place staff.
- **Special Drop-ins**
Fourth Wednesday of the month is Twin Drop-in Play * (birth – 5 years) **9:30 – 11:00 am.** \$8 per session. Stay until **12:00 pm** for \$10. Lori Longo, MA.
Second Wednesday of the month is "Ask the Special Education Expert" An opportunity for parents to ask questions or share concerns about your child. **10:30 am – 12:00 pm.** Nirit Zandman, Parents Place coordinator of the Center for Special Needs.
- **NEW! Super Siblings Family Class for Parents and Children*** (14 months – 4 years) A brand-new workshop for parents to learn more about their children and how they interact. Parents discuss topics such as development and discipline while children play and do art projects. **Wednesdays, February 24 – March 17, 9:00 – 10:30 am.** \$120 for 4 sessions. Lori Longo, MA, and Martha Salazar.
- **Music Together*** (birth – 4 years) A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. **Tuesdays, January 5 – March 9, 9:30 – 10:15 am, or Thursdays, January 7 – March 11, 4:30 – 5:15 pm.** \$195 for 10 sessions (includes illustrated songbook and 2 CDs); \$112.50 for siblings over 7 months old. Mo Music! Staff.

WORKSHOPS FOR PARENTS

- **Winter Lecture Series I – Discipline** (3 – 8 years) All sessions **6:00 – 8:00 pm.** \$35 per session, \$105 for the series. Childcare available by reservation only - \$10 per session, \$5 for siblings. Bring your own dinner if desired. Sue Dinwiddie, MA.
- **Set Limits and Save Your Sanity – Monday, January 25**
- **Encouraging Responsibility and Independence – Monday, February 1**
- **Problem-Solving Behavior Dilemmas – Monday, February 8**

JANUARY

- **Beyond Sibling Rivalry – Keeping the Peace** (3 – 8 years) **Thursdays, January 14 and 21, 7:00 – 9:00 pm.** \$60. Erica Pelavin, LCSW, PhD.
- **Mothers of Boys** (2 – 6 years) **Thursday, January 28, 7:00 – 9:00 pm.** \$35. Jomary Hilliard, PhD.

FEBRUARY

- **Get Ready to Read! Teaching Skills Through Play and Stories** (2 – 5 years) **Wednesday, February 10, 7:00 – 9:00 pm.** \$35. Lynne Ruppel, MA.
- **Kindergarten Readiness – When Should Your Child Go?** (3 – 5 years) **Thursday, February 11, 7:00 – 9:00 pm.** \$35. Stephanie Agnew, BA.
- **Turning No into Yes – Encouraging Cooperative Behavior in Young Children** (18 months – 3 years) **Thursdays, February 18 and 25, 7:00 – 9:00 pm.** \$60, Heidi Emberling, MA.
- **Language Infusion – Creating a Language-Rich Environment at Home** **Wednesday, February 24, 6:30 – 8:30 pm.** \$35. Lisa Black, MS, CCC-SLP.

MARCH

- **Feisty 3's and 4's** (3 – 5 years) **Mondays, March 1 and 8, 7:00 – 9:00 pm.** \$60. Lori Longo, MA.
- **Raising a Strong-Willed Child** (2 – 7 years) **Tuesdays, March 2 and 9, 7:00 – 9:00 pm.** \$60. Karen Friedland-Brown, MA.
- **Winter Lecture Series II – Managing Emotions** (3 – 8 years) All sessions **7:00 – 9:00 pm.** \$35 per session, \$105 for the series. Sue Dinwiddie, MA.
- **That Makes Me So Mad! Child Anger – Wednesday, March 10**
- **You're Driving Me Crazy! Parent Anger – Wednesday, March 17**
- **Negotiating with Kids – Wednesday, March 24**
- **Bye-Bye Diapers – Toilet Learning.** **Thursday, March 18, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

Special Half-Day Workshop for Parents and Professionals

Discipline Strategies That Fit Each Child's Temperament

Led by renowned author Mary Sheedy Kurcinka, MA.

Thursday, March 25, 9:00 am – 12:00 pm.

Regular fee: \$150; CEU units available (for LMFTs and LCSWs): \$175



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

To register for classes and see full descriptions of our groups and workshops, visit us on the Web at www.ParentsPlaceOnline.org/peninsula. If you have questions, call us at **650-688-3040** in Palo Alto or **650-931-1840** in San Mateo

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 and a sliding scale are available. Please inquire when registering.