



# GROUPS & WORKSHOPS

WINTER/SPRING 2010

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

Preregistration is required.  
\$5 discount for additional classes.  
\$5 discount for families.  
Subsidy available.

## MINI-CONSULTATION

■ **Mini-Consultation (for parents with children of all ages)**  
Have something on your mind about your child or family? Need quick answers? On a budget? These 20-minute consultations offer affordable support and information. With Claire Beery, MA. Call Claire at 707-303-1521 for appointments. \$25.

## IN OUR PLAYROOM

■ **Preschool Social Skills Playgroup – with Parents' Support Group (3 – 5 years)**  
In this preschool-like setting, children strengthen social skills, build positive relationships, and practice handling conflicts and frustrations. Small group size ensures one-on-one attention. Includes two parent support meetings and one individual consultation (during playgroup time). With Amy McIntyre, MA (children), and Claire Beery, MA (parents). Six early-afternoon sessions, 1 ½ hours each. Dates and times based on parent requests. \$210 for 6 sessions.

## POSITIVE AND EFFECTIVE PARENTING

■ **Diaper-Free Zone (5 – 13 months)**  
Learn how to recognize signs of readiness and potential problems and help your child feel good while taking this big step toward independence. With Bonnie Romanow. **Tuesday, January 12, 6:30 – 8:30 pm.** \$30.

■ **Terrific Toddlers and Twos: Surviving, Thriving, and Having Fun (12 – 36 months)**  
Toddlers are wild, wonderful, and exhausting! Explore how to handle tantrums, set limits, and minimize challenges while keeping your sense of humor. With Bonnie Romanow. Two sessions: **Thursdays, January 14 and 28, 6:30 – 8:30 pm.** \$55.

■ **Homework: Teaching Your Child Good Study Skills (6th – 12th grade)**  
Students who struggle in school often are disorganized, exercise poor time management, and lack study skills. Learn how to help your child succeed in school. With Ann Parsons, MA. **Wednesday, January 20, 6:30 – 8:30 pm.** \$30.

■ **Beyond the Birds and the Bees (5 – 13 years)**  
How to have the talks with your kids you wish your parents had had with you. With Myra Polikoff, MFT. **Monday, February 1, 6:30 – 8:30 pm.** \$30.

■ **Going with the Flow: Understanding Your Child's Temperament (all ages)**  
Learn how your child's inborn temperament is expressed and how to manage his or her challenges and strengths. With Claire Beery, MA. **Tuesday, February 2, 6:30 – 8:30 pm.** \$30.

■ **What to Do with the Mad You Feel (all ages)**  
Explore perspectives on anger and self-control for both yourself and your children and learn ways to respond that leave everyone feeling better. With Amy McIntyre, MA. **Choose either date: Thursday, February 4, or Thursday, May 13, 6:30 – 8:30 pm.** \$30.

■ **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. With Ann Parsons, MA. **Choose either date: Tuesday, February 16, or Tuesday, May 18, 6:30 – 8:30 pm.** \$30.

■ **Staying Sane as a Single Parent (all ages)**  
Every single parent experiences unique challenges and rewards. This group has the potential to develop into an ongoing support group. With Claire Beery, MA. **Tuesday, March 2, 6:30 – 8:30 pm.** \$30.

■ **Feisty Threes and Fours (3 – 4 years)**  
Explore what makes these ages challenging and how to enhance cooperative behavior. With Bonnie Romanow. Two sessions: **Tuesdays, March 23 and April 6, 6:30 – 8:30 pm.** \$55.

■ **What's Going on in There? The Brain and Behavior in Young Children (0 – 6 years)**  
By learning how the brain grows in young children, parents gain a deeper understanding of behavior and develop more empathetic and realistic expectations. With Bonnie Romanow. **Tuesday, April 13, 6:30 – 8:30 pm.** \$30.

■ **Raising Your Spirited Child (all ages)**  
Spirited children are more intense, persistent, sensitive, and perceptive. Learn about the delights and challenges of these dynamic kids and strategies for bringing out the best in them. With Bonnie Romanow. **Tuesday, April 27, 6:30 – 8:30 pm.** \$30.

■ **Becoming Attached: Fostering Your Child's First Relationships (0 – 3 years)**  
Children come into the world looking for those special few people who help them know that their needs will be met unconditionally. Learn about the types of attachment and the conditions that support secure attachment. With Ann Parsons, MA, and Claire Beery, MA. **Wednesday, May 5, 6:30 – 8:30 pm.** \$30.

## CO-PARENTING

■ **Co-Parenting Through Separation and Divorce (all ages)**  
Your relationship is ending, but your role as parents continues. Learn to cope with challenges and focus on your role as co-parents. Co-led by Amy McIntyre, MA, and Timothy Stein, MFT. **Monday, April 26, 6:30 – 8:30 pm.** \$40/6-person minimum.

## ESPECIALLY FOR FATHERS

■ **Fathers and Sons (all ages)**  
As your son's role model, learn ways to strengthen your connection and support your son's growing independence. With Timothy Stein, MFT. **Monday, February 8, 6:30 – 8:30 pm.** \$30.

■ **Fathers and Daughters (all ages)**  
A strong father-daughter relationship helps girls develop self-confidence. Learn tools to help your daughter thrive. With Timothy Stein, MFT. **Monday, March 8, 6:30 – 8:30 pm.** \$30.

Parents Place has a great lineup of groups and workshops in Sonoma County!

Preregistration with fee is required one week in advance. Classes may be cancelled if minimum enrollment is not met. Subsidies are available. Please inquire at **707-571-2048.**

**www.ParentsPlaceOnline.org**

Parents Place is located at **1360 N. Dutton Avenue, Suite C, in Santa Rosa.**



**CALL LIZ JIMENEZ, 707-303-1509. RSVP REQUIRED FOR ALL EVENTS.**

- **Crisis Intervention, Counseling, and Consultations** – Assistance for adoptive families dealing with challenging issues.
- **Creating Lifebooks** – monthly workshop. **Thursdays, 9:30 am – 12:00 pm, January 14, February 11, March 11, April 8, May 6, and June 3.**
- **Lifebooks for Teens** – Youth create their own lifebooks, with support from their parents. Teens and their parents meet for 10 sessions on **Mondays, 6:00 – 7:30 pm, beginning February 8.** Mandatory introduction meeting for parents only on **Monday January 25, 6:00 – 7:30 pm.**
- **Monthly Parent Support Group** – Come share your triumphs and challenges with other families formed by adoption and give and receive support from them. With guest speakers. **Third Wednesday of each month, 5:30 – 7:30 pm.** Brown-bag dinner. Childcare provided.
- **Petaluma Parent Support Group** – This group meets on the **first Tuesday of each month, 5:45 – 7:45 pm,** at B'nai Israel Jewish Center, 740 Western Avenue. Facilitated by Liz Jimenez, MSW.
- **Socialization Group for Young Children (6 – 9)** – Help children in the early school years develop healthful social skills and practice “talking about” adoption. This small group will provide adopted children with a natural peer group of other adopted children and encourage them to establish positive peer relations and strengthen self-esteem. **Tuesdays, 3:00 – 5:00 pm, beginning in January.** Facilitated by Amy McIntyre, MA.
- **Socialization Play Group for Preschoolers (3 – 5)** – Children strengthen social skills, build positive relationships with peers, and learn to handle conflict and frustration. Limited to six children. Concurrent parent support group. **Thursdays, beginning January 21, 9:30 – 11:00 am.** Facilitated by Amy McIntyre, MA.

Funded by the California Department of Social Services



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

### MARK YOUR CALENDARS FOR THIS SPECIAL EVENT



## An Evening with Mary Sheedy Kurcinka

**March 22, 2010, 6:30 – 8:30 pm**

*Author of Raising Your Spirited Child; Kids, Parents, and Power Struggles; and Sleepless in America*



**Discovering Who Has Come to Live with You: Discipline Strategies That “Fit” Each Child.** Why are some children boisterous while others are quiet? Why are some kids eager to participate while others must be cajoled? By understanding each child's preferred style of interacting with the world, you can select the most effective discipline tools to maximize their strengths and minimize their weaknesses. \$15 in advance; \$20 at the door. Free to Parents Place PAS clients.



The Glaser Center, 547 Mendocino Ave., Santa Rosa.

Call **Anita Whitehead** for information: 707-571-2048.  
Tickets available online at [www.parentsplaceonline.org](http://www.parentsplaceonline.org).



Sonoma  
**parentsplace**



# Winter/Spring 2010 calendar

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



A program of Jewish Family and Children's Services

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