

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
- Potty training
- 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.

Preschool Social Skills Group

This 10-session group is for children ages 3 to 5 years old 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 Kristin Stent, PhD, at 650-688-3095 or KristinS@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 their families. Our mission is to optimize children's emotional and social well-being and development to 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, please call Nirit Zandman at 650-688-3028 or NiritZ@jfcs.org.

Bullying Prevention

Parents Place is pleased to announce the opening of its Bullying Prevention Training Center, offering training in the nationally known, evidence-based program "Steps to Respect" for grades 3 – 6. 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 at GloriaMS@jfcs.org. If you are concerned about bullying behavior at your school, please contact Parents Place.

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/\$300 for annual membership at both sites. Must register via telephone. Check the 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.

SPECIAL TRAINING OPPORTUNITY FOR PROFESSIONALS

Teachers, Therapists, and Parent Educators

Join us for a two-day intensive workshop: TEACHING PARENTING THE POSITIVE DISCIPLINE WAY – Based on the work of Dr. Jane Nelsen, author of the Positive Discipline books. **Thursday, April 23,** and **Friday, April 24**

8:30 am – 4:30 pm at Parents Place, San Mateo. \$295/person includes complete set of Positive Discipline teaching materials.

MFT, LCSW, and RN CEU credits available
Facilitated by Jane Weed-Pomerantz, CPD

For Parents

POSITIVE DISCIPLINE PARENTING WORKSHOP – for parents with 3- to 8-year olds. Learn the tools and strategies to implement positive discipline with your family.

Wednesdays, May 6 – 27

7:00 – 9:00 pm, at Parents Place, Palo Alto. \$120/person for four sessions. Stephanie Agnew, BA.

Go to www.parentsplaceonline.org to register for the lectures and workshops or call Parents Place at 650-688-3040. Space is limited—sign-up early!

COMMUNITY EDUCATION PROGRAM

Workshops at Your Location

Parents Place provides our high-quality workshops for parents at schools and parent clubs and in the workplace and presents them at convenient times. We have an extensive menu of programs to meet the needs of parents of young children, school-age children, and adolescents.

We also provide teacher professional development workshops for preschools and elementary, middle, and high schools that cover a range of subjects, including effective communication with parents, bullying prevention, and learning styles.

For more information, contact Gloria Moskowitz-Sweet, Parents Place Community Education Program Coordinator, at 650-688-3037 or GloriaMS@jfcs.org.

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

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.

1-877-800-HUGS

PARENTS PLACE PARENT EDUCATORS

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, discipline, sleep, couples relationship, bullying prevention

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

Susan Stone Belton, BSE
Parent coach: child development specialist

Diana Blank, LCSW
Therapist: divorce and separation specialist

Marleen Didech, MA
Parent guidance and education specialist: expert in learning differences, ADHD

Sue Dinwiddie, MA
Parent educator: staff trainer, child development specialist

Sheila Dubin, MA
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

Julie Graham, PsyD
Therapist: expert in teen development, couples specialist

Lori Longo, MA
Early childhood educator: child development specialist

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

Nancy Rosenbledt, PsyD
Psychologist: expertise in adolescent and girls' development

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

Denise Salin, LMFT
High school counselor: early childhood specialist; friendship, temperament, adolescent development

Deborah Sloss, MSW
Family therapist: adoption expert

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

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Summer 09 Calendar

MAY THROUGH AUGUST

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

PROGRAMS IN **PALO ALTO** 200 CHANNING AVENUE
650-688-3040

PROGRAMS IN **SAN MATEO** 2001 WINWARD WAY
650-931-1840

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 five-session card (savings of \$5). No preregistration required. Parents Place Staff.

Special Drop-ins

First Wednesday of the month: Ask the Pediatrician with Dr. Janesta Noland of Burgess Pediatrics. An opportunity to ask your health questions while your children play. (Healthy children only, please.)

3:30 – 5:00 pm.

Second Thursday of the month: Ask the Special Education Expert with Nirit Zandman, Coordinator of the Center for Special Needs at Parents Place. An opportunity for parents to ask questions or share concerns about their children's development. **10:30 am – 12:00 pm.**

First Friday of the month: Twin Drop-in with Lori Longo. 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). **9:30 – 11:00 am** (No session on July 3).

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, June 3 – July 22, 11:30 am – 1:00 pm.** \$160 for 8 sessions. Heidi Emberling, MA.

Toddler Summer Camp* (16 – 24 months) Positive discipline, limit-setting, peer relationships, and more. Children play while parents discuss. **Monday, June 15 – July 27, 9:30-11:00 am.** \$140 for 7 sessions. Heidi Emberling, MA.

Terrific Twos Summer Camp – Getting Ready for Preschool* (2 – 3 years) Discussion for parents includes development and discipline. Separate playgroup for children: a wonderful first-separation experience.

Wednesdays, June 3 – July 29 (no class July 15), 9:30 – 11:00 am. \$240 for 8 sessions (includes \$80 daycare for children). Karen Friedland-Brown, MA, and Heidi Emberling, MA.

Raising Twins* (18 months – 5 years) While children play separately, parents discuss development, the twin bond, promoting individuality, and daily management of twins. **Fridays, April 17 and 24, May 8 and 22, and June 5, 10:30 am – 12:00 pm.** \$175 for 5 sessions (includes \$75 for daycare for both children). Lori Longo, MA.

Music Together* (birth – 4 years) A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. **Monday, July 6 – August 24, 9:30 – 10:15 am, 10:30 – 11:15 am, or 11:30 am – 12:15 pm.** \$155 for 8 sessions (includes illustrated songbook and 2 CDs). Music Together Staff.

Workshops for Parents

APRIL

Raising Your Only Child (2 – 7 years) The joys and challenges of raising one: avoiding spoiling, fostering independence, and encouraging positive social relationships. **Tuesdays, April 14 and 21, 12:00 – 2:00 pm.** \$60 for two sessions. Karen Friedland-Brown, MA.

Keeping Your Relationship Strong (birth – 8 years) Strengthen your marriage and your parenting skills. Highlighting the work of Dr. John Gottman. **Wednesdays, April 15 and 22, 7:00 – 9:00 pm.** \$100 per couple. Elizabeth Eastman, LCSW.

Connecting with Your Child Every Day (5 – 11 years) Explore ways to build a lifelong parent-child relationship of trust and love through open communication and true respect. Discover why spending time with your children is the most important thing you can do as a parent, and learn ways to enjoy your role as a parent more thoroughly. **Thursday, April 16, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.

Moms in Career Transitions Cosponsored by JVS' Jewish Employment Network and Parents Place. A six-week career exploration group for moms seeking to re-establish satisfying careers. Whether you've been out of the workforce while raising children, or have continued to work but are looking for a career change, this group is for you! Led by Barbara Gottesman, a seasoned career coach and mom, this group will share ideas, feedback, contacts, and strategies. **Wednesdays, April 22 – May 27, 9:30 – 11:30 am.** \$150 for six sessions. To obtain more information or to register: www.jvs.org/JEN.htm or contact Wendy Verba at wverba@jvs.org or 415-782-6293.

Raising a Highly Sensitive Child (2 – 7 years) Learn to support this temperament and discuss ways to teach your child coping skills. **Wednesday, April 29, 7:00 – 9:00 pm.** \$35. Denise Salin, LMFT.

MAY

Positive Discipline Parenting Workshop (3 – 8 years) Based on Jane Nelsen's Positive Discipline books, discover how better to understand your child's behavior; discipline with friendship, love, and respect; teach children; and find common-sense solutions to everyday challenges. **Wednesdays, May 6 – 27, 7:00 – 9:00 pm.** \$120 for 4 sessions. Stephanie Agnew, BA.

Bye-Bye Diapers – Toilet Learning Learn signs of readiness and strategies to help your child with this important developmental leap. **Thursday, May 14, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

Don't Be Overwhelmed—Get Organized! Learn organization and time-management techniques that will help you de-clutter and reduce your stress while parenting. **Tuesday, May 19, 7:00 – 9:00 pm.** \$35. Lori Krolik, BA.

AD/HD and Creative Parenting (Preschool – 5th grade) Learn how better to understand your child's behavior and challenges. Explore ways to develop a supportive and nurturing environment in school and at home. **Monday, May 11 – June 15 (no class May 25), 6:30 – 8:30 pm.** \$175 for 5 sessions. Chen Bentov, MA, and Nirit Zandman, MA, plus guest speakers.

JUNE

Setting Limits: Raising Responsible Children Through Choices and Consequences (grades 2 – 8) Understand your school-age child's needs and behaviors. Work on setting family rules, applying appropriate consequences, and following through with your discipline plan. **Wednesday, June 3, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.

Ready, Set, Go: Preparing for Kindergarten (Kindergarten fall 2009) Activities and strategies to help your child make this big transition. Use the summer to develop your child's confidence. **Tuesday, June 9, 7:00 – 9:00 pm.** \$35. Stephanie Agnew, BA.

Night Night – Sleep Tight (1 – 5 years) Solve common sleep problems and guide your child to self-soothe—at naps and through the night. **Tuesday, June 16, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

Going with the Flow – Understanding Your Child's Temperament (2 – 7 years) Learn the nine traits that make up temperament and how to modify your parenting skills and change the environment to support your child's growth and development. **Tuesday, June 23, 12:00 – 2:00 pm.** \$35. Karen Friedland-Brown, MA.

Juggling Two – The New Baby and the Older Sibling Tips to ease the adjustment to the new arrival in the family—before and after birth. **Thursday, June 25, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

JULY

I'm Talking – They're Not Listening (3 – 8 years) Improve your communication skills so children hear what you say. **Thursday, July 9, 7:00 – 9:00 pm.** \$35. Sue Dinwiddie, MA.

Boys and Discipline (3 – 8 years) Understand boy energy, explore what is unique to setting limits with boys, and learn new strategies for positively guiding your sons. **Tuesday, July 14, 7:00 – 9:00 pm.** \$35. Jomary Hilliard, PhD.

Tantrum Taming for Toddlers and Twos (12 – 36 months) Learn useful strategies to support your child through this dynamic age. **Wednesday, July 15, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.

Parenting as a Team: for Couples (birth – 6 years) Explore ways to strengthen the couple relationship, manage conflict, and develop discipline strategies that are effective for the whole family. **Monday, July 13 and 20, 7:00 – 9:00 pm.** \$100 per couple for two sessions. Elizabeth Eastman, LCSW.

Raising a Highly Sensitive Child (2 – 7 years) Learn to support this temperament and discuss ways to teach your child coping skills. **Wednesday, July 22, 7:00 – 9:00 pm.** \$35. Denise Salin, LMFT.

AUGUST

Picky Eaters and More – Feeding Your Kids Without Losing Your Mind! (ages 2 – 8 years) Strategies for encouraging healthful eating habits and avoiding power struggles at the table. Based on the work of Ellyn Satter. **Tuesday, August 4, 7:00 – 9:00 pm.** \$35. Karen Ross, MA, RD.

Public or Private: Choosing an Elementary School (birth – 7 years) Learn more about your choices, how programs and philosophies differ, and how to make the best decision for your child. **Thursday, August 6, 9:30 – 11:30 am.** \$35. Stephanie Agnew, BA.

Adoption Connection Orientation in Palo Alto Informational workshop for families considering domestic agency adoption. **Tuesday, June 2, 7:00 – 8:30 pm.** No charge. Nan Toder, Adoption Coordinator.

Parent/Child Activity Groups

Drop-in Play* (birth – 5 years) **Tuesdays and Fridays, 9:30 – 11:00 am, and Wednesdays, 10:30 am – 12:00 pm.** \$8 per session/\$35 for five-session card (save \$5). No preregistration required. Parents Place Staff.

Special Drop-ins

The Fourth Wednesday of the month is Twin Drop-in Play* (birth – 5 years) **9:00 – 10:30 am.**

\$8 per session. Lori Longo, MA.

Israeli IMAHOT (ages 0 – 5 years) Playgroup for parents and children. Discussion and play in Hebrew.

Wednesdays, 5:00 – 6:30 pm. \$8 per session/\$35 for five-session card (save \$5). No preregistration required. Chen Bentov, MA.

Raising Twins* (1 – 4 years) While children play, parents discuss development, the twin bond, promoting individuality, and daily management of twins. **Wednesdays, June 3 – 17, 9:00 – 10:30 am.**

\$60 for 3 sessions. Lori Longo, 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, July 8 – 29, 9:00 – 10:30 am.

\$120 for 4 sessions (includes daycare for children). Stephanie Agnew, BA, and Lori Longo, MA.

Music Together* (birth – 4 years) A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. **Tuesdays, July 7 – August 25, 9:30 – 10:15 am, or Thursdays, July 9 – August 27, 4:30 – 5:15 pm.** \$155 for 8 sessions (includes illustrated songbook and 2 CDs). Mo Music! Staff.



Workshops for Parents

APRIL

Tantrum Taming for Toddlers and Twos (12 – 36 months) Learn useful strategies to support your child through this dynamic age. **Wednesday, April 29, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE

MAY

Raising a Strong-Willed Child (2 – 7 years) Understand children who are persistent and intense. Learn how to avoid power struggles and improve communication. **Tuesdays, May 12 and 19, 7:00 – 9:00 pm.** \$60 for two sessions. Karen Friedland-Brown, MA.

JUNE

Kids' Turn (4 – 17 years) Parent/child workshops for families experiencing parental separation or divorce. The focus of this workshop is on the children and on supporting them while the family reorganizes.

Tuesdays, June 2 – July 7, 7:00 – 8:30 pm. Six sessions. To register or obtain more information, call 415-437-0700 or go to www.kidsturn.org.

The Feisty Threes and Fours (3 – 5 years) Explore what makes 3's and 4's challenging and learn to enhance cooperative behavior. **Wednesdays, June 3 – 17, 7:00 – 9:00 pm.** \$90 for three sessions. Stephanie Agnew, BA.

Beyond Sibling Rivalry: Keeping the Peace (3 – 8 years) Discuss conflict, fairness, and sharing. Help your children become cooperative, caring, and compassionate. **Thursdays, June 4 and 11, 7:00 – 9:00 pm.** \$60 for two sessions. Erica Pelavin, LCSW, PhD.

JULY

Summer Lecture Series – Managing Emotions (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 additional child. Bring dinner. Sue Dinwiddie, MA.

That Makes Me So Mad! Child Anger Examine children's anger and coping strategies and learn new tools for helping them. **Wednesday, July 8.**

You're Driving Me Crazy! Parental Anger Analyze adult anger toward children: triggers and responses. Investigate productive management techniques. **Wednesday, July 15.**

Negotiating with Kids Problem-solve adult-child conflicts, turning power struggles into win-win solutions. **Wednesday, July 22.**

Turning No into Yes - Eliciting Cooperative Behavior in Young Children (18 months – 3 years) Young children are expected to test, but hearing "no" can be frustrating and exhausting. Learn creative strategies for redirection and limit setting that maintain a positive relationship. **Thursdays, July 9 and 16, 7:00 – 9:00 pm.** \$60 for two sessions. Heidi Emberling, MA.

Bye-Bye Diapers: Toilet Learning Learn tools and strategies to encourage this important step of development. **Tuesday, July 21, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

Parenting Young Children Through Separation and/or Divorce (birth – 6 years) Learn information and effective skills on how to manage this challenging process with your child's best interests in mind. Open to individual parents and amicable coparents. **Tuesdays, July 21 and 28, 7:30 – 9:00 pm.** \$60 for 2 sessions. Diana Blank, LCSW.

Raising Your Only Child

(2 – 7 years) The joys and challenges of raising one: avoiding spoiling, fostering independence, and encouraging positive social relationships.

Thursdays, July 23 and 30, 7:00 – 9:00 pm. \$60 for two sessions. Karen Friedland-Brown, MA.

AUGUST

Connecting with Your Child Every Day (ages 5 – 11 years) Explore ways to build a lifelong parent-child relationship of trust and love through open communication and true respect. Discover why spending time with your children is the most important thing you can do as a parent, and learn ways to enjoy your role as a parent more thoroughly. **Wednesday, August 5, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.

Choosing a Preschool (1 – 4 years) Understand different philosophies and how to identify high-quality programs. **Thursday, August 6, 7:00 – 9:00 pm.** \$35. Stephanie Agnew, BA.



To register or to obtain a full description of our groups and workshops, contact us at **650-688-3040** in Palo Alto or **650-931-1840** in San Mateo or visit us on the Web at www.ParentsPlaceOnline.org.

Parents Place is a caring family resource center that gives all families access to the support, tools, and services needed to raise healthy children. Discounted fees available for couples, partners, and other family members registering for the same group. Subsidies/sliding scale are also available. Please inquire when registering.