



Groups & Workshops Summer 09



Preregistration required.
\$5 discount for additional classes.
\$5 discount for families.
Fee subsidy available.
Groups with * for adults and children together.

MINI-CONSULTATION

■ NEW: Mini-Consultation (For parents with children of all ages)

Have something on your mind about your child or family? Need some quick answers? On a budget? Our 20-minute consultations offer an affordable way to get personalized support and information. Children under four are welcome. With Claire Beery, MA. Time slots available **Tuesdays and Thursdays, 1:00 – 2:30 pm.** \$25.

PARENTS AND CHILDREN TOGETHER

■ **NEW TIME! Drop-in Playtime* (Infants – 4 years)**
Parents meet with our Parent Educator while children play together. With Claire Beery, MA. **Fridays, 1:00 – 2:30 pm (no Drop-in on June 12 and 19 and July 3).** \$8 per family. No preregistration.

POSITIVE AND EFFECTIVE PARENTING

■ **Taming Toddlers, Twos, and Threes (12 – 36 months)**
They are wild, wonderful, and exhausting! Explore how to set limits and minimize challenges while keeping your sense of humor. With Bonnie Romanow. **Thursday, June 4, 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 you and your children. Learn ways to respond that leave everyone feeling better. With Amy McIntyre, MA. **Thursday, June 11, 6:30 – 8:30 pm.** \$30.

■ **Ready-Set-Go! Preparing for Kindergarten (5 – 6 years)**
Learn activities and games you can do with your children over the summer to get them ready for their first day at school. Includes academic, social, and emotional readiness. With Amy McIntyre, MA. **Wednesday, June 24, 6:30 – 8:30 pm.** \$30.

■ **Beyond Sibling Rivalry: Keeping the Peace (all ages)**
Discover strategies to diminish rivalry and conflict and help siblings reclaim the joy of the closest of human relationships. With Bonnie Romanow, **Wednesday, July 8, 6:30 – 8:30 pm.** \$30.

■ **"Can You Hear Me Now?" Communicating with Your Teen (12 – 19 years)**
How do we talk with our adolescent children about difficult subjects? How do we set limits and keep their trust? Learn tips for maintaining open communication through the teen years. With Tracy Greenwald, RN, MPH. **Wednesday, July 15, 6:30 – 8:30 pm.** \$30.

■ **Night, Night, Sleep Tight: Solving Sleep Problems (0 – 3 years)**

Frustration about sleep can undo the calmest parent. Learn how to help your child get the sleep she or he needs without resorting to tears. With Claire Beery, MA. **Wednesday, July 22, 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. **Wednesday, July 29, 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 guide his or her challenges and strengths. With Claire Beery, MA. **Wednesday, August 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 shared commitment as parents. Co-led by Amy McIntyre, MA, and Timothy Stein, MFT. **Thursday, June 25, 6:30 – 8:30 pm.** \$40.

YOUR DEVELOPING CHILD

■ **How Does Your Garden Grow – The Social Development of Young Children (0 – 6 years)**
Using Erik Erikson's model of social development, learn what children need for healthy social and emotional development in the early years. With Claire Beery, MA. **Wednesday, July 1, 6:30 – 8:30 pm.** \$30.

■ **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. **Wednesday, August 19, 6:30 – 8:30 pm.** \$30.

ESPECIALLY FOR FATHERS

■ **Fathers and Sons (all ages)**
Learn ways, as your son's role model, to strengthen your connection and support your son's growing independence. With Timothy Stein, MFT. **Thursday, July 16, 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. **Thursday, August 6, 6:30 – 8:30 pm.** \$30.





1360 N. Dutton Avenue, Suite C
Santa Rosa, CA 95401

Summer 2009 Calendar



Services for Families Formed by Adoption

All Services are **FREE!**

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** – *Ongoing monthly workshop. Call for dates and times.*

■ **New Monthly Parent Support Group** – Come and share your triumphs and struggles with other families formed by adoption. A chance to give and receive support from other families and learn how you can improve communication among your family members and within your community. **Third Wednesday of each month, 6:00 – 7:30 pm.** Childcare offered.

■ **Support Group for LGBT Parents with Adopted Children** – Provide support within your community. Explore ideas, concerns, and needs. **First Wednesday of each month, 6:00 – 7:30 pm.** Childcare offered; dinner provided for a small fee.

Funded by the California Department of Social Services

PARENTING CONSULTATION

Do you have concerns about your child or your family?

We offer individual and family consultation services. Our expert staff will help you assess your situation and explore options to meet your needs. Common areas of concern include guidance and discipline, handling aggressive behavior, sleep habits, separation and divorce, co-parenting, single parenting, sibling relationships, and much more.

Fee subsidy available. Call Claire Beery for more information: 707-303-1521.



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 all of the paperwork. All YOU have to do is call.

1-877-800-HUGS

FINANCIAL AID CENTER

NEW WORKSHOP! Talking to Our Children about Money in These Challenging Times

When families need to tighten their belts, how do they talk to their children about family finances? This workshop will address how, as parents, we can better communicate difficult messages: How do we help our children understand why the response "Yes, we can" may now be "No, we can't"? What are needs versus wants? What is the value of saving versus spending? We will help parents explore how to plan for the unexpected and to make their budgets work for their families.

Tuesday, April 21, and Tuesday, May 19, 5:30 – 7:00 pm.
Contact Sara Downing, Financial Services Coordinator, at 707-571-8131 or SaraD@jfcs.org.