FALL 2010

Parents Place in Sonoma County

www.parentsplaceonline.org/sonoma

Coaching and Consultation for Parents

Fall Feature – Two New Workshops!

Lunch Bunch Social Skills Playgroup and Parenting Children in the Digital Age

Parents Place is a program of Jewish Family and Children's Services of San Francisco, the Peninsula, Marin and Sonoma Counties.

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A program of Jewish Family and Children's Services

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

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News & Events

Parent Coaching and Consultations

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 individual and family needs. Topics include positive discipline, challenging behavior, sleep, divorce, impulse control, co-parenting, single parenting, siblings, and more. For coaching and consultations, call Claire Beery at 707-303-1521.

Mini-Consultations

Have something on your mind about your child or family? Need some quick answers? On a budget? These 20-minute consultations offer affordable support and information. Younger children are welcome. $25. For consultations, call Claire Beery at 707-303-1521. A fee subsidy is available through a grant from the Rotary Club of Santa Rosa.

Staff Spotlight

Amy McIntyre, MA

Amy McIntyre, MA, is a parent educator and consultant, preschool socialization group leader, and Early Childhood Mental Health consultant for Parents Place, Sonoma County. She has worked with young children and their families for more than 30 years. She holds a master's degree in education, with an emphasis in early childhood and counseling. Amy is the founder and director of Childkind Preschool, and she operates three programs for children ages 2 – 12. She is the adoptive mother of two daughters.

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Sonoma County Programs

Located at 1360 N. Dutton Avenue, Suite C, Santa Rosa. Preregistration is required with fee one week in advance. Classes are cancelled without minimum enrollment of five. $5 discount for additional classes; $5 discount for families. NEW! Partial subsidies available upon request through a grant from the Rotary Club of Santa Rosa. For more about all of our programs and services, call 707-571-2048.

PARENT/CHILD ACTIVITY GROUPS

Wednesdays, Nov. 3 – 17 9:30 – 10:30 am
THE YOUNGSTER SOCIAL CLUB (1 ½ - 3 ½ years). These fun-filled, development-focused play sessions **for parents and children** include a simple art project, rhythm games, and singing and dancing. They close with a song. $15 each session; $40 for all three sessions. With Claire Beery, MA.

FOR PARENTS OF INFANTS AND TODDLERS: BIRTH — 3 YEARS

Thursdays, Oct. 21 – 28 6:30 – 8:30 pm
TERRIFIC TODDLERS AND TWOS: SURVIVING, THRIVING, AND HAVING FUN (1 – 2 ½ years). They are wild, wonderful, and exhausting! Explore how to handle tantrums, set limits, and minimize challenges while keeping your sense of humor. $55 for two classes. With Bonnie Romanow.

SERVICES FOR FAMILIES FORMED BY ADOPTION

All Services are FREE! Funded by the California Department of Social Services. RSVP required for all events. Call Liz Jimenez at 707-303-1509.

Sat., Nov. 6 11:30 am – 4:30 pm
PARENT EDUCATION EVENT: "Understanding and Repairing Attachment Trauma: A Relating and Containing Approach." With Vivienne Roseby, PhD. Free childcare and lunch provided.

Thursdays, beginning Sept. 30
9:30 – 11:00 am
SOCIALIZATION GROUP FOR PRESCHOOLERS (3 – 5 years). 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 Sept. 30
3:30 – 5:00 pm
SOCIALIZATION GROUP FOR YOUNG CHILDREN (6 – 9 years). Help children in the early school years develop healthy 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.

1st Friday of the Month **beginning Oct. 1**
6:00 – 8:00 pm
FIRST FRIDAYS FOR TEENS. Socialization activities for adopted teens.

3rd Wednesday of the Month **beginning Sept. 16**
5:45 – 7:45 pm
PARENTS' SUPPORT GROUP. Childcare provided.

1st Tuesday of the Month **beginning Oct. 5**
5:45 – 7:45 pm
PETALUMA PARENT SUPPORT GROUP. At B'nai Israel Jewish Center, 740 Western Avenue, Petaluma.

Mondays, beginning Oct. 18
5:30 – 7:00 pm
LIFEBOOKS FOR TWEENS. Youth create their own lifebooks, with support from their parents. Tweens and parents meet two Monday evenings per month. Required introductory meeting for parents only, Oct. 4.

Thursdays, Sept. 16, Oct. 14, Nov. 11, and Dec. 9 9:30 – 11:30 am
CREATING LIFEBOOKS. Monthly workshop.

FOR PARENTS OF PRESCHOOL — ELEMENTARY SCHOOL CHILDREN

Thurs., Sept. 28, OR Thurs., Dec. 7
6:30 – 8:30 pm
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. $30. With Ann Parsons, MA.

Thursdays, Oct. 14 – 28 & Nov. 4 – 18
11:30 am – 12:45 pm
NEW! LUNCH BUNCH SOCIAL SKILLS PLAYGROUP (3 – 5 years). In this preschool-like setting, children strengthen social skills, build positive relationships, and practice handling conflicts and frustration. Free play, structured activities, and a small group size ensure beneficial one-on-one attention. Bring a bag lunch for your preschooler. $132 for six sessions. With Amy McIntyre, MA.

Tuesdays, Nov. 9 – 30 6:30 – 8:30 pm
POSITIVE PARENTING, THE JANE NELSEN WAY (4 - 10 years). With our Jane Nelsen-certified educator, this in-depth course helps you learn to understand your child's behavior, exercise discipline with love and respect, and practice newly learned skills based on the work of renowned therapist and *Positive Discipline* author Jane Nelsen. $135 for four classes. With Bonnie Romanow.

FOR PARENTS OF CHILDREN OF ANY AGE

Thurs., Sept. 16 6:30 – 8:30 pm
BEYOND SIBLING RIVALRY (all ages). Guide children with strategies that diminish rivalry and conflict, increase listening and problem-solving skills, and enhance respect for each other. $30. With Bonnie Romanow.

Mon., Sept. 20 6:30 – 8:30 pm
NEW! PARENTING CHILDREN IN THE DIGITAL AGE (all ages). Many parents are distressed about the amount of time their children spend on the computer, cell phone, and other electronic media. What does all this social networking, instant messaging, and game playing mean? Learn about the digital world, your children's relationship to it, and effective parenting "do's" and "don'ts" that will give children the guidance they need and reduce conflict between parents (digital immigrants) and their children (digital natives). $30. With Ofer Zur, PhD.

Tuesdays, Sept. 21 and Oct. 5 & 19
6:30 – 8:30 pm
BACK BY POPULAR DEMAND! PLAYFUL PARENTING (all ages). Join the director of Santa Rosa Children's Theater for creative and fun games that use movement, imagination, and laughter, and that will provide you with new skills for playful connection and communication with your child. Choose one, two, or all dates. $30 each; 3 workshops for $80. With Bridget Palmer, GCFP.

Thurs., Oct. 7 6:30 – 8:30 pm
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. $30. With Claire Beery MA.

Thurs., Oct. 14 6:30 – 8:30 pm
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. $30. With Amy McIntyre, MA.

Thursdays, Nov. 4 & 18 6:30 – 8:30 pm
WHAT TO DO WITH THE MAD YOU FEEL (all ages). Explore perspectives on anger and self-control for yourself and your children. Learn ways to respond that leave everyone feeling better. NEW expanded format includes a review of what you practice at home. $55 for two classes. With Amy McIntyre, MA.

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