

Fall 09 Calendar

September through December

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 them.

PROGRAMS IN PALO ALTO KORET FAMILY RESOURCE CENTER 200 CHANNING AVENUE 650-688-3040

PROGRAMS IN SAN MATEO ELEANOR HAAS KOSHLAND CENTER 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 5-session card (savings of \$5). No preregistration required. Parents Place staff.
- **Special Drop-ins**
First Wednesday of the month is "Ask the Pediatrician" with Dr. Janesta Noland of Burgess Pediatrics. An opportunity to bring your health questions while children play. (Healthy children only, please.) **3:30 – 5:00 pm.**
The first Thursday of the month is "Ask the Special Education Expert" with Nirit Zandman, coordinator of the Center for Special Needs at Parents Place. An opportunity for you to ask questions or share concerns about your child's development. During regular drop-in time: **10:30 am – 12:00 pm.**
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, September 16 – November 18, 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, September 15 – November 17, 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, September 16 – November 18, 9:30 – 11:00 am.** \$300 for 10 sessions (includes \$100 daycare for children). Karen Friedland-Brown, MA, and Heidi Emberling, MA.
- **Raising Twins*** (2 – 5 years) While children play separately, parents discuss development, the twin bond, promoting individuality, and daily management of twins. **Fridays, October 23 – November 13, 9:30 – 11:00 am.** \$140 for 4 sessions (includes \$60 for daycare for both children). Lori Longo, 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, September 14 – November 23 (no class September 28), 9:30 – 10:15 am or 10:30 – 11:15 am or 11:30 am – 12:15 pm.** \$195 for 10 sessions (includes illustrated songbook and 2 CDs). Heidi Emberling MA.
- **Kids Sing*** (3 ½ – 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. CD and songbook included. Parents and caregivers may observe or drop off. **Mondays, September 14 – November 23 (no class September 28), 1:30 – 2:15 pm.** \$195 for 10 sessions (includes illustrated songbook and 2 CDs). Heidi Emberling, MA.

WORKSHOPS FOR PARENTS

SEPTEMBER

- **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, September 17 and 24, 7:00 – 9:00 pm.** \$60 for two sessions. Heidi Emberling, MA.
- **How to Hire a Nanny or Babysitter** (all ages) The process of searching for, interviewing, and hiring a nanny or babysitter can be overwhelming. Learn about assessing your needs, interviewing skills, reference/background checks, and building the nanny/family relationship. **Monday, September 21, 7:00 – 9:00 pm.** \$35. Daryl Camarillo, Stanford Park Nannies.
- **Beyond Sibling Rivalry: Keeping the Peace** (3 – 8 years) Discuss conflict, fairness, and sharing. Help your children become cooperative, caring, and compassionate. **Wednesdays, September 23 and 30, 7:00 – 9:00 pm.** \$60 for two sessions. Erica Pelavin, LCSW, PhD.
- **Bye-Bye Diapers – Toilet Learning** Learn signs of readiness and strategies to help your child with this important developmental leap. **Tuesday, September 29, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

OCTOBER

- **Mothers of Boys** (ages 2 – 6) Explore this special relationship: what boys need from their moms; handling boy energy; fostering good communication and closeness. **Thursday, October 1, 7:00 – 9:00 pm.** \$35. Jomary Hilliard, PhD.
- **AD/HD and Creative Parenting** (Preschool – 5th grade) Learn how to better understand your child's behavior and challenges. Explore ways to develop a supportive and nurturing environment in school and at home. **Mondays, October 5 – November 2, 6:30 – 8:30 pm.** \$175 for 5 sessions. Chen Bentov, MA, and Nirit Zandman, MA, and guest speakers.
- **Setting Limits: Raising Responsible Children Through Choices and Consequences** (grades 2 – 8) Understand your school-age child's needs and behaviors and work on setting family rules, applying appropriate consequences, and following through with your discipline plan. **Tuesday, October 6, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.
- **How to Foster Healthy Body Image** (3 – 8 years) Parents are crucial in helping children develop healthy attitudes about their bodies that last a lifetime. Explore how parents' attitudes and behaviors can positively affect children's body image and help them to resist negative messages. **Wednesday, October 7, 7:00 – 9:00 pm.** \$35. Aly Yisrael, MSW, MPH.
- **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 more thoroughly enjoy your role as a parent. **Thursday, October 15, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.
- **Children Who Struggle With Homework** (grades 2 – 6) We'll cover effort, motivation, organization, taking too long, rushing, careless errors, making excuses, how to help, when to help, and strategies to promote homework success. **Tuesdays, October 20 and 27, 6:30 – 8:30 pm.** \$60 for two sessions. Marleen Didech, MA.
- **The Feisty Threes and Fours** (3 – 5 years) Explore what makes 3's and 4's challenging, and learn to enhance cooperative behavior. **Wednesdays, October 21 and 28, 6:30 – 8:30 pm.** \$60 for two sessions. Lori Longo, MA.

NOVEMBER

- **Fall 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.
- **That Makes Me So Mad! Child Anger** – Examine children's anger and coping strategies, and learn new tools for helping them. **Thursday, November 5.**
- **You're Driving Me Crazy! Parental Anger** – Analyze adult anger toward children—triggers and responses—and investigate productive management techniques. **Thursday, November 12.**
- **Negotiating with Kids** – Problem-solve adult-child conflicts and turn power struggles into win-win solutions. **Thursday, November 19.**
- **Language Infusion** (2 – 5 years) A hands-on, practical seminar for parents of preschool-age children with any developmental language delay. Learn how to create a language-rich environment at home and bridge the gap between home and speech therapy. **Tuesday, November 3, 6:30 – 8:30 pm.** \$35. Lisa Black, MS, CCC-SLP.
- **Keeping Your Relationship Strong** (birth – 8 years) Strengthen your marriage and your parenting skills. Highlighting the work of Dr. John Gottman. **Tuesdays, November 10 and 17, 7:00 – 9:00 pm.** \$100 per couple for two sessions. Elizabeth Eastman, LCSW.
- **Choosing a Preschool** (1 – 4 years) Understand different philosophies and ways to identify high-quality programs. **Wednesday, November 11, 7:00 – 9:00 pm.** \$35. Stephanie Agnew, BA.

DECEMBER

- **Managing and Enjoying the Holidays** (all ages) The holiday season can be special and fun, but it can also be stressful and overwhelming, especially during difficult financial times. Identify your sources of holiday stress, and learn strategies for managing tasks, setting reasonable expectations, and creating meaningful traditions. Low- and no-cost gift ideas included. **Tuesday, December 1, 7:00 – 9:00 pm.** \$35. Erica Pelavin, LCSW, PhD.
- **Raising a Strong-Willed Child** (2 – 7 years) Understand children who are willful and demanding. Learn how to avoid power struggles and improve communication. **Thursdays, December 3 and 10, 7:00 – 9:00 pm.** \$60 for two sessions. Karen Friedland-Brown, MA.
- **Pay Attention** (kindergarten – grade 6) The ability to pay attention is a complicated neurological function essential for school success and learning. For some children, paying attention is harder than for others. We'll focus on understanding attention, its impact on learning, and problems associated with and strategies that can facilitate better attention. **Tuesday, December 8, 6:30 – 8:30 pm.** \$35. Marleen Didech, MA.

Adoption Connection Orientation in Palo Alto Informational workshop for families considering domestic agency adoption. **Tuesday, September 22, 7:00 – 8:30 pm, or Wednesday, December 9, 7:00 – 8:30 pm.** Free. Leah Cohen, Adoption Connection

Israeli IMAHOT (ages 0 – 5) Play group for parents and children. Discussion and play in Hebrew. **Mondays ongoing, 10:00 – 11:30 am.** \$8 per session/\$35 for 5-session card (save \$5). No preregistration required. Chen Bentov, MA.

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 5-session card (save \$5). No preregistration required. Parents Place staff.
- **Special Drop-ins**
The 4th Wednesday of the month is Twin Drop-in Play* (birth – 5 years) **9:00 – 10:30 am,** \$8 per session. Lori Longo, MA.
The 2nd Wednesday of the month is "Ask the Special Education Expert" with Nirit Zandman, coordinator of the Center for Special Needs at Parents Place. An opportunity for you to ask questions or share concerns about your child's development. During regular drop-in time: **10:30 am – 12:00 pm.**
- **NEW! Terrific Toddlers and Twos – Evening class for Parents and Children*** (20 – 36 months) A brand-new workshop designed for parents who work or don't have time to take a class during the day. Discussion for parents includes development and discipline while children get to play and do art projects. **Thursdays, October 15 – November 12, 6:00 – 7:30 pm.** \$150 for 5 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, September 15 – November 17, 9:30 – 10:15 am or 10:30 – 11:15 am, or Thursdays, September 17 – November 19, 3:30 – 4:15 pm or 4:30 – 5:15 pm.** \$195 for 10 sessions (includes illustrated songbook and 2 CDs). \$116 for siblings over 7 months old. Mo Music! staff.

WORKSHOPS FOR PARENTS

SEPTEMBER

- **Kids' Turn** (4 – 17 years) Parent/child workshops for families experiencing parental separation or divorce. The focus of this workshop is on supporting the children while the family reorganizes. **Tuesdays, September 15 – October 20, 7:00 – 8:30 pm.** 6 sessions. To register or to obtain more info, call 415-437-0700 or go to www.kidsturn.org.
- **Positive Discipline for Preschoolers Parenting Workshop** (2 – 5 years) Discover how to better understand your child's behavior; discipline with friendship, love, and respect; and find common-sense solutions to everyday challenges. Based on Jane Nelsen's Positive Discipline books and interactive workshops. **Wednesdays, September 16 – October 21 (no class October 7), 6:30 – 9:00 pm.** \$150 for 5 sessions. Stephanie Agnew, BA.
- **Parenting in Difficult Economic Times: A Free Workshop** (all ages) Discuss the challenges and learn tools and strategies to help your children understand and cope with income or job loss and other family stressors caused by economic crisis. This JFCS course, offered at no cost, is among JFCS' free workshops to help individuals and families during the current recession. **Thursday, September 24, 7:00 – 9:00 pm.** Karen Friedland-Brown, MA.

OCTOBER

- **Picky Eaters and More – Feeding Your Kids Without Losing Your Mind!** (ages 2 – 8) Strategies for encouraging healthful eating habits and avoiding power struggles at the table. Based on the work of Ellyn Satter. **Thursday, October 1, 7:00 – 9:00 pm.** \$35. Karen Ross, MA, RD.
- **Moms in Career Transitions** Co-sponsored by JVS' Jewish Employment Network and JFCS' Parents Place. A four-week career exploration group for moms who are looking 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 Sarah Benenson Goldberg, an experienced life coach, this group provides many opportunities to share ideas, feedback, contacts, and strategies. **Wednesdays, October 7 – October 28, 9:30 – 11:30 am.** \$100 for four sessions. Pay at the first class. To register, go to <http://www.jvs.org/calendar.php>. To obtain more information, call 415-391-3600.
- **NEW! Bridging the Digital Divide: A Cyberspace Workshop for Parents and Teens (ages 11 and up)** Come hear what your teens are doing online and, together with them, learn strategies to keep them safe in cyberspace. This workshop will explore some of the more popular forms of contemporary communication among our young people: email, texting, cell phones, on-line gaming, and Facebook. This interactive workshop will use hands-on activities to teach "net-iquette" and common-sense strategies to prevent and/or respond to cyberbullying. **Thursday, October 8, 7:00 – 9:00 pm.** \$35 per individual or \$50 per family (two or more). Erica Pelavin, LCSW, PhD.
- **Public or Private: Choosing an Elementary School** (birth – 7 years) Learn more about your choices, differences in programs and their philosophies, and making the best decision for your child. **Wednesday, October 28, 7:00 – 9:00 pm.** \$35. Stephanie Agnew, BA.
- **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. **Tuesdays, October 27 and November 3, 6:00 – 8:00 pm.** \$100 per couple for two sessions. **Childcare available by reservation only. \$10 per session/\$5 for additional child.** Call 650-931-1840 to reserve. Erica Pelavin, LCSW, PhD.
- **Parent Empowerment: Important Principles of Positive Parenting** (kindergarten – grade 5) Understand the feelings behind your child's actions, pay more attention to what is right, and learn how to set reasonable and respectful limits that encourage appropriate behavior. **Wednesdays, October 28 and November 4, 7:00 – 9:00 pm.** \$60 for two sessions. Nancy Rosenbledt, LCSW.

NOVEMBER

- **Fall Lecture Series – Communication** (3 – 8 years) **All sessions 7:00 – 9:00 pm.** \$35 per session, \$105 for the series. Sue Dinwiddie, MA.
- **Understanding Temperament** – Learn the nine traits of temperament and what makes your child unique. **Monday, November 2.**
- **I'm Talking – They're Not Listening** – Improve your communication skills so children hear what you say. **Monday, November 9.**
- **Problem-Solving Behavior Dilemmas** – Bring examples of behavioral issues from home to analyze and change negative patterns. **Monday, November 16.**
- **Parenting Young Children Through Separation and/or Divorce** (birth – 6 years) Acquire 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 co-parents. **Wednesdays, November 4 and 11, 7:30 – 9:00 pm.** \$60 for 2 sessions. Diana Blank, LCSW.
- **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, November 10, 7:00 – 9:00 pm.** \$35. Heidi Emberling, 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, November 17, 7:00 – 9:00 pm.** \$35. Jomary Hilliard, PhD.
- **How Do I Know if My Child's Development is on Track?** (2 – 6 years) We will be discussing behaviors and other factors that might indicate the need for further exploration. Areas of concern will include communication, attention, sensory processing, and social development. **Wednesday, November 18, 6:30 – 8:30 pm.** \$35. Nirit Zandman, MA.
- **Juggling Two – The New Baby and the Older Sibling** Tips to help ease the adjustment to the new arrival in the family, before and after birth. **Thursday, November 19, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.

DECEMBER

- **Bye-Bye Diapers: Toilet Learning** Learn tools and strategies to encourage this important step in development. **Thursday, December 3, 7:00 – 9:00 pm.** \$35. Heidi Emberling, MA.
- **Tantrum Taming for Toddlers and Twos** (12 – 36 months) Learn useful strategies to help you support your child through this dynamic age. **Wednesday, December 9, 7:00 – 9:00 pm.** \$35. Susan Stone Belton, BSE.



To register or 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 are available for couples, partners, and other family members registering for the same group. Subsidies/sliding scale are also available. Please inquire when registering.

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A program of Jewish Family and Children's Services

KORET FAMILY RESOURCE CENTER

200 Channing Avenue
Palo Alto, CA 94301



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PARENTS PLACE PARENT EDUCATORS

Stephanie Agnew, BA, Parent Education Coordinator, San Mateo: specialist in early childhood education and child development, 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 Community Education Coordinator: specialist in multicultural/multilingual, twins, learning differences, bullying prevention

Susan Stone Belton, BSE, parent coach: child development specialist

Chen Bentov, MFT, therapist: child development specialist, expertise in AD/HD

Lisa Black, MS, CCC-SLP, speech language pathologist

Diana Blank, LCSW, therapist: divorce and separation specialist

Marleen Didech, MA, parent guidance and education specialist: expert in learning differences, AD/HD

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 specialist, music specialist

Julie Graham, PsyD, therapist: expert in teen development, couples 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, work-life balance, and bullying prevention issues

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 and early childhood specialist: expert in friendship, temperament, and adolescent development issues

Deborah Sloss, MSW, family therapist: adoption expert

Aly Yisrael, MPH, MSW, health educator: expert in prevention of eating disorders, body image, and media literacy

Nirit Zandman, MA, Coordinator of Center for Special Needs

Beth Schecter, MPH, MBA, Director of JFCS of the Peninsula

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

Peninsula ParentsPlace



Fall 09 calendar

SEPTEMBER THROUGH DECEMBER

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

For assistance:

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

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 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 contact Nirit Zandman at 650-688-3028 or Niritz@jfcs.org.

SAVE MONEY and Enjoy More Programs at Parents Place!

ANNUAL MEMBERSHIP

Join Parents Place as an annual member and get these benefits:

- Unlimited one-session workshops
- Unlimited drop-ins
- Free use of the Parents Place library
- A **10% discount on all parent-child activity groups**
- A **10% percent discount on multi-session classes** (does not include music classes)
- A **10% percent discounts on lecture series**

Membership applies to all family members, but it can be used by only one person at a time. It is \$200 for annual membership at one site—either Palo Alto or San Mateo—and \$300 for annual membership at both sites. Members must register for classes by phone. Check our Web site for more details: www.parentsplaceonline.org.

DROP-IN

Drop-in card for 5 sessions: \$35—saves \$5.
Drop-in card for 10 sessions: \$70—saves \$10.

Special Fall Author Event

Getting To 50/50: How Working Couples Can Have It All By Sharing It All.



Authors Sharon Meers and Joanna Strober discuss parenting insights for working couples. After extensive research, Meers and Strober discovered that kids, husbands, and wives all reap huge benefits when couples commit to share equally as breadwinners and caregivers. Mothers work without guilt, fathers bond with their kids, and children blossom with the attention of two involved parents. The authors, who have talked about their findings on the Today Show, provide real-world solutions for parents who want to get ahead in their careers and still get to their children's soccer games. They also offer strategies for working mothers facing gender bias in the workplace; advice to fathers new to the home front; and tips for arriving at 50/50 solutions to issues of money, time, and much more. Books will be available for purchase, and the authors will sign.

Tuesday, October 13
6:30 – 8:30 pm
\$15 per person

(preregistration required)
Childcare available: \$10/\$5 each additional child. Call 650-688-3040 to register.

Go to www.parentsplaceonline.org to register for this special workshop, or call Parents Place at 650-688-3040.

Space is limited. Sign up early!

2nd Annual Parents Place San Mateo and Foster City Preschool Fair. Coming in the fall. Watch for announcements about the date and location.

Workshops for Families with Specific Issues

PALO ALTO

- AD/HD and Creative Parenting** (preschool – grade 5) Learn how to understand your child's behavior and challenges better. Explore ways to develop a supportive and nurturing environment in school and at home. **Mondays, October 5 – November 2, 6:30 – 8:30 pm.** \$150 for 5 sessions. Chen Bentov, MA, and Nirit Zandman, MA, and guest speakers.
- Language Infusion** (2 – 5 years) Hands-on, practical seminar for parents of preschool age children with any developmental language delay. Learn how to create a language-rich environment at home and bridge the gap between home and speech therapy. **Tuesday, November 3, 6:30 – 8:30 pm.** \$35. Lisa Black, MS, CCC-SLP.

SAN MATEO

- How Do I Know If My Child's Development Is on Track?** (2 – 6 years) Behaviors and other factors that might indicate the need for further inquiry—such as communication, attention, sensory processing, and social development—will be discussed. **Wednesday, November 18, 6:30 – 8:30 pm.** \$35. Nirit Zandman, MA.

Bullying Prevention

Parents Place's **Bullying Prevention Program** offers training in the nationally known, evidence-based program **"Steps to Respect."** Parent education and staff trainings for grades 3 – 6. For information, contact Gloria Moskowitz-Sweet at (650) 688-3037 or at Gloriams@jfcs.org.