



Creating Safe, Stable, Nurturing Relationships and Environments for All Children

# FREE COMMUNITY TRAININGS

We are proud to offer a variety of FREE trainings for parents and providers.

## For Parents

All sessions are 1 hour.  
Available in English and Spanish.

### CHOOSE YOUR PARTNER AND CAREGIVER CAREFULLY

The purpose of this course is to provide information on how to carefully select safe caregivers for children, including identifying warning signs and behaviors in potential significant others, babysitters, or other individuals that may care for children.

### TRIPLE P: THE POWER OF POSITIVE PARENTING

This seminar introduces the five key principles of positive parenting: Ensuring a safe engaging environment, creating a positive learning environment, using assertive discipline, having reasonable expectations, and looking after yourself as a parent.

### TRIPLE P: RAISING CONFIDENT, COMPETENT CHILDREN

In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are: Showing respect to others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver, and becoming independent.

### TRIPLE P: RAISING RESILIENT CHILDREN

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are: Recognizing and accepting feelings, expressing feelings appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, and dealing with stressful life events.

### ENOUGH ABUSE: STRATEGIES FOR YOUR FAMILY & COMMUNITY

Enough Abuse! This educational program provides strategies for adults to take responsibility for preventing child sexual abuse. Learn how to recognize behaviors in adults that suggest someone might pose a sexual risk to children, and to recognize signs a child might have been sexually abused.

### HEALTHY FAMILIES, HEALTHY COMMUNITIES:

This class, appropriate for all types of community organizations, focuses on tactics for building strong family foundations and community connections, enabling communities to prevent neglect and abuse through forming interconnected support systems.

## For Providers

CEUs are available upon request.  
Sessions available for 1 or 2 hours.

### RECOGNIZE & REPORT CHILD MALTREATMENT:

Child maltreatment is not selective; it exists in all segments of our society. This training will teach individuals how to recognize characteristics of child maltreatment in children and abusive parents, defining a mandated reporter, identifying steps in reporting suspected child maltreatment, and resources for families and caregivers.

### ENOUGH ABUSE: PREVENTING CHILD SEXUAL ABUSE

Enough Abuse! This educational program discusses the nature and scope of child abuse, from inappropriate boundary violations to illegal sexual abuse of child or teens. It also provides elements of proper screening of prospective staff and how to respond to disclosure of sexual abuse or misconduct.

### WORKING WITH PARENTS IN CULTURALLY COMPETENT WAYS

Enough Abuse! This educational program discusses the nature and scope of child abuse, from inappropriate boundary violations to illegal sexual abuse of child or teens. It also provides elements of proper screening of prospective staff and how to respond to disclosure of sexual abuse or misconduct.

## For Parents and Providers

### TOXIC STRESS & CHILD DEVELOPMENT:

A child's earliest years are the most crucial for brain development. Living in stressful environments can negatively affect a child's emotional, social, and physical development. Through this training, attendees will be provided with an overview of how stress can affect brain development, and be shown how to identify potentially unsafe children and the steps to take when suspicion arises.

### SPEAK UP FOR YOUR FAMILY: ADVOCACY 101

Learn the basics of what makes up advocacy and discover how this process can help you achieve a better outcome for you, your family, and your community.

To schedule a presentation, contact our Program Coordinator:

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