

MORE INFORMATION

Information:

- Call 719-589-3671, email referrals@slvbhg.org or stop by any of our office locations throughout the SLV to find out when our next class starts.

Payment:

- Parenting classes** are billed to Medicaid or private insurance. The price for self-pay is \$12 per session.
**Strengthening Families 10-14 is free and not billed to insurance. SLVBHG does not offer SF 10-14 as an ongoing parenting course, but helps provide trainers to collaborate with other schools and organizations who put the class on in SLV communities.

In-home visiting programs that include parenting courses:

- Promoting Safe and Stable Families (PSSF) offers Nurturing Fathers and Nurturing Families as part of their program.
- Child First offers Circles of Security Parenting as part of their program.

SLVBHG
8745 County Road 9 South
Alamosa, CO 81101
719-589-3671

STRENGTHENING FAMILIES 10-14

Strengthening Families is a 7 week parenting program for parents and their children age 10-14.

- The 7 parenting sessions review appropriate developmental expectations, teach parents to interact positively with children, such as showing enthusiasm and attention for good behavior and letting the child take the lead in play activities, increasing positive family communication including active listening, family meetings to improve order and organization, and effective and consistent and effective discipline including reasonable and logical consequences and time-outs.
- The children's skills training content includes communication skills to improve parents, peers, and teacher relationships, hopes and dreams, resilience skills, problems solving, peer resistance, feeling identification, dealing with criticism, anger management and coping skills.
- The family sessions allow the parents and children to practice what they learned in their individual sessions in experiential exercises. This is also a time for the group leaders to coach and encourage family members for improvements in parent/child interactions. The major skills to learn are: opportunities where parent allows the child to determine the play activity, complimenting the good, effective communication, family meetings, making family rules, and positive discipline.

***This program is in partnership with other school and community organizations in the SLV and offers dinner and child care.



Strengthening Families
Program by Dr. Karol Kumpfer



Parenting Classes



**"THE SECRET OF CHANGE
IS TO FOCUS ALL OF YOUR
ENERGY, NOT ON FIGHTING
THE OLD, BUT ON BUILDING
THE NEW."**

**~ DAN MILLMAN WAY OF THE PEACEFUL
WARRIOR**

NURTURING FATHERS

Nurturing Fathers is a 13 week parenting course.

- The secrets for creating safe, loving, stable, and nurtured families.
- Positive discipline tools taught through a uniquely father-friendly method for successful child behavior management.
- Effective family communication techniques to strengthen the father-child and father-mother relationships.
- How to stop fighting and arguing by using proven-effective strategies for conflict resolution and problem solving.

NURTURING FAMILIES

Nurturing Families is an 8 week parenting course.

- The philosophy of Nurturing Parenting® emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people and living creatures and the environment. The philosophy of Nurturing parenting is founded on seven principles:

- Attachment
- Empathy
- Nurturing Oneself
- Gentle Touch
- Discipline
- Expressing Feelings
- Expectations

CIRCLES OF SECURITY

COSP is an 8 week reflective parenting course.

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Using the COSP™ model developed by the Circle of Security originators, our trained Facilitators work with parents and caregivers to help them to:

- **Understand** their child's emotional world by learning to read emotional needs
- **Support** their child's ability to successfully manage emotions
- **Enhance** the development of their child's self esteem
- **Honor** the innate wisdom and desire for their child to be secure



Circle of Security
INTERNATIONAL

Early Intervention Program for Parents & Children

Introducing
Circle of Security Parenting

www.circleofsecurityinternational.com



LOVE AND LOGIC

Love and Logic is a 6 week parenting course.

- The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic. We provide practical tools and techniques that help adults achieve respectful, healthy relationships with their children. All of our work is based on a psychologically sound parenting and teaching, whole-child philosophy called Love and Logic.

- Children learn the best lessons when they're given a task and allowed to make their own choices (and fail) when the cost of failure is still small. Children's failures must be coupled with love and empathy from their parents and teachers.

- This practical, research-based philosophy is backed with over 45 years of experience. Parents can apply it immediately to a wide range of situations instead of struggling with difficult counseling procedures.