



child parent institute

Making a Difference Class Schedule

The Child Parent Institute and our community partners are offering the following free classes to support our children and families affected by the fires.



FREE PHONE CONSULTATIONS - CONSULTA GRATIS AVAILABLE IN ENGLISH & SPANISH, WITH CPI PARENT EDUCATORS AND THERAPISTS

Let us know if you have a question or concern about your children's behavior or how to talk to them about all the changes that are happening in their lives. Our experienced staff will call, text, or email you at your convenience. If more support is needed, they will help plan for that also. Please call 707.585.6108 for more information.

STRESS REDUCTION FOR PARENTS

1 session | Tuesday, November 7th | 6:30pm - 7:30pm
No cost for class, low cost child care available
YMCA 1111 COLLEGE AVENUE

CREATIVE COPING 101 FOR 7-9 YEAR OLDS

6 week session | Tuesdays, November 7th - December 12th
| 4:30pm - 6:00pm
CHILD PARENT INSTITUTE

COPING WITH LOSS

6 week session | Mondays, October 30th - December 4th
5:30pm - 7:00pm

A support group to help families process their losses from the recent fires. The group sessions will include a discussion of different types of losses, a loss checklist, the five stages of grief, and five steps to take in addressing a loss, and exercises to facilitate the healing process. Available for individuals ages 12 to adult, low cost child care available.

CHILD PARENT INSTITUTE

RESILIENCY SUPPORT CLASS

1 session | Thursday, October 26th | 11:30am - 1:00pm
1 session | Tuesday, November 7th | 7:00pm - 8:30pm
1 SPANISH session | Friday, November 3rd | 1:00pm - 2:30pm
During times of stress, it often becomes necessary for us to draw on our inner reserves in order to help ourselves or others. But what happens, when our inner reserves run low? We become less able to adapt and cope. During The Imagine YOU, 1.5 hour workshop, you will be led by a licensed MFT, Imagine You Leader, through a series of simple exercises that allow you the opportunity to turn inward and nourish yourself, by focusing on what matters most to you, and your health and well-being.

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PARENTING WITH TOOLBOX™

1 session | Thursday, November 9th | 6:00pm - 7:30pm
How to help your child feel safe, following the trauma of the Santa Rosa fires. TOOLBOX™ helps children and parents identify their inner 'Tools' for coping with trauma to build safety and manage their own emotions during difficult times."

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To Register for classes, please visit calparents.org

or call 707.585.6108

