



## Training Topics

**Fairy Tale Families & Schools:** *Family roles & Expectations- working together to ensure children succeed in school*

**Parenting Philosophies:** *Exploring parenting strategies and comparing to kid's needs- Democratic home environments, Autocratic, Marshmallow, Structured- what works best for your child?*

**Child Development:** *When will this stage end? What will come next? What is appropriate behavior?*

**Managing Anger In the Home:** *Methods for managing anger with adults, children and families.*

**Parenting Philosophies:** *Exploring parenting strategies and comparing to kid's needs- Democratic home environments, Autocratic, Marshmallow, Structured- what works best for your child?*

**Communication:** *Explore how to talk so children will listen, and how to listen when they talk. Effective communication techniques.*

**Risk and Protective Factors:** *Where are children most at risk- and what can you do to build Resilience?*

**Bullying :***The Bully- the Bullied- and the By-stander.. Understanding the culture of Bulling, and how to help children feel safe, address the issue, and succeed.*

**Improving Financial Security:** *Strategies to budget, learning about debt management, predatory lending, and the strengths of credit union's VS Banks.*

**Trauma and Resiliency:** *Understanding the impact of trauma and strategies to mitigate to overcome trauma*

**Resiliency Parenting:** *Resilience buffers Trauma. Learn about the 20 strategies any parent, caregiver, or adult can take to influence children in building Resilience Competencies.*

**Stress Management in Families:** *Understanding stressors for families and children and strategies to cope with stressors. Moving from Coping to THRIVING!*

**Addressing Escalated Behavior Challenges- Setting Limits:** *Learn strategies to help set and maintain limits with children, behaviors and what may be behind them. Learn strategies, discipline approaches, and communication techniques that will decrease escalated behavior at all developmental stages*

**Attachment and Bonding:** *Understanding secure attachment and parenting styles to enhance secure attachments*

**Understanding Child/Youth Depression, Anxiety and Suicide:** *Recognizing signs of behavioral health challenges and strategies for parents and peers to intervene.*

### **Dependency 101**

Understanding the Dependency framework and how to support families through dependencies or Child Abuse and Neglect.

**Develop Assets in Families-Family Resilience:** Understanding family strengths, protective factors and risk factors and science based family strengthening/management strategies.

**Father Engagement:** *Children do better when fathers are involved- learn the science between increasing school success by engaging fathers!*

**Addiction:** *What is the impact on the Family, Children and the community? Learn about the latest trends- both treatment, Intervention and Prevention strategies.*

**Impact of Domestic Violence on Children:** *Strategies to support children impacted by parental violence.*

**Impact of Divorce on Children:** *Learn how to support children impacted by parental transition- through divorce, separation, or other family trauma.*

### **Training Options:**

Solo "topic" trainings

6-8 week series of trainings

Monthly Presentations

Parent, Staff or Professional Trainings

### **Evidence Based Curriculum Trainings**

Guiding Good Choices (6-8 weeks)

Strengthening Families (Elementary, Middle, and Teen)

Nurturing Families

Triple P Parenting

Winning At Parenting (Make Parenting A Pleasure)