



Clark County Department of Family Services Parenting Project Schedule February/March 2015



Triple P (Positive Parenting Program)

For parents of children ages 2 through 11 years old

Help for parents interested in increasing their parenting skills to manage difficult child behaviors

Raising children can be rewarding and enjoyable as well as demanding, frustrating and exhausting. The **Triple P Positive Parenting Program** is designed to help parents manage difficult behavior problems with children ages 2 to 11. Triple P suggests simple routines and small changes that can make a big difference in families. It helps parents understand the way their family works and helps create a more stable, supportive and harmonious family. In this program, parents learn to deal positively, consistently and decisively with problem behaviors and build positive relationships with their children. ***Children do not attend this class.***

Day	8 Session Program Start Date:	Location Address Zip Code and Major Cross Streets	Start time	End time
Monday	March 2	Department of Family Services 121 S. Martin Luther King Blvd.– Lincoln Room 89106 Symphony Park / Martin Luther King Blvd.	6:00pm	8:30pm
Thursday	March 5	Cambridge Community Center 3900 Cambridge St., Multi-purpose Room 89119 Maryland Pkwy. / Flamingo Rd.	6:00pm	8:30pm
Wednesday	March 11	The Rooms 4800 Alpine Pl., Suite 17 89107 Charleston Blvd. / Decatur Blvd.	6:00pm	8:30pm
En Español Lunes (Monday)	16 de Marzo	Tom Williams Elementary School En Español 3000 E. Tonopah Ave., Shania Room 89030 E. Lake Mead Blvd. / Pecos Rd.	8:00am	10:00am
Friday	March 20	Tom Williams Elementary School 3000 E. Tonopah Ave., Shania Room 89030 E. Lake Mead Blvd. / Pecos Rd.	8:00am	10:00am
Tuesday	March 24	HopeLink 178 Westminster Way Henderson 89015 Burkholder Blvd. / Major Ave.	9:30am	12:00pm
Saturday	March 28	Department of Family Services 121 S. Martin Luther King Blvd.– Lincoln Room 89106 Symphony Park / Martin Luther King Blvd.	1:30pm	4:00pm

Register by calling the Parenting Project at (702) 455-5295

- ▶ Participants must begin in Session 1 and attend all sessions to receive a certificate of completion. If two or more classes are missed, participants will be scheduled to begin the program again.
- ▶ To receive credit, participants must sign in at each session and complete all sessions within six months.

Children do not attend this class.

Free of charge.

Schedule is subject to change.





February/March 2015

Nurturing Parents & Families For parents of children ages 6 months through age 5

The Nurturing Parents and Families program is a six or seven-session program designed for parents of children from 6 months through age 5. The program promotes positive, healthy and nurturing interactions between parents and their toddlers and preschool children. Developmental stages of children from infancy through preschool are presented. Parents will learn stress management techniques, how to establish routines and handle anger. Problem-solving techniques and appropriate behavior management methods are presented and practiced. *Children do not attend this class.*

Day	Session Program Start Date:	Location Address Zip Code and Major Cross Streets	Start time	End time
Tuesday	February 17	Cambridge Community Center 3900 Cambridge St., Multi-purpose Room 89119 Maryland Pkwy. / Flamingo Rd.	6:00pm	8:30pm
Wednesday	February 18	Doolittle Community Center 1950 J Street 89106 Lake Mead Blvd. / J Street	6:00pm	8:30pm
En Español Miércoles (Wednesday)	25 de Febrero	Walnut Recreation Center En Español 3075 N. Walnut Ave 89115 Cheyenne Ave. / east of Las Vegas Blvd.	5:30pm	8:00pm
Thursday	February 26	Walnut Recreation Center 3075 N. Walnut Ave 89115 Cheyenne Ave. / east of Las Vegas Blvd.	5:30pm	8:00pm
Monday	March 2	Whitney Ranch Recreation Center 1575 Galleria Dr. Henderson 89014 Galleria Dr. / Patrick Ln.	5:30pm	8:00pm
Tuesday	March 3	Department of Family Services 121 S. Martin Luther King Blvd.– Lincoln Room 89106 Symphony Park / Martin Luther King Blvd.	6:00pm	8:30pm
Tuesday	March 3	Black Mountain Recreation Center 599 Greenway Rd. Henderson 89015 Horizon Dr. / Greenway Rd.	5:30pm	8:00pm
En Español Lunes (Tuesday)	3 de Marzo	East Las Vegas Community Center En Español 250 N. Eastern Ave. 89101 Eastern Ave. / Stewart Ave.	6:00pm	8:30pm
Tuesday	March 31	Cambridge Community Center 3900 Cambridge St., Multi-purpose Room 89119 Maryland Pkwy. / Flamingo Rd.	6:00pm	8:30pm

Register by calling the Parenting Project at (702) 455-5295

- ▶ Participants must begin in Session 1 and attend all sessions to receive a certificate of completion. If two or more classes are missed, participants will be scheduled to begin the program again.
- ▶ To receive credit, participants must sign in at each session and complete all sessions within six months.

Children do not attend this class.

Free of charge.

Schedule is subject to change.

February/March 2015



ABCs of Parenting – For parents of children ages 5 to 10 years

The ABC's of Parenting is a fun and interactive program that helps parents of school-age children gain an understanding of their children's development and behavior. Parents learn how to communicate effectively with their children, encourage better behavior, use positive discipline techniques and teach responsibility. This six session program shows parents how to help children succeed in school and solve problems. Parents also learn how to manage stress and anger and talk to their children about drugs, alcohol and other issues.

Day	6 Session Program Start Date	Location Address Zip Code and Major Cross Streets	Start time	End time
Tuesday	February 17	Doolittle Community Center 1950 J Street 89106 Lake Mead Blvd. / J Street	6:00pm	8:30pm
Wednesday	February 18	Cambridge Community Center 3900 Cambridge St., Multi-purpose Room 89119 Maryland Pkwy. / Flamingo Rd.	6:00pm	8:30pm
Tuesday	March 3	Whitney Ranch Recreation Center 1575 Galleria Dr. Henderson 89014 Galleria Dr. / Patrick Ln.	5:30pm	8:00pm
Thursday	March 5	Department of Family Services 121 S. Martin Luther King Blvd.– Lincoln Room 89106 Symphony Park / Martin Luther King Blvd.	6:00pm	8:30pm
En Español Jueves (Thursday)	12 de Marzo	Cambridge Community Center 3900 Cambridge St., Multi-purpose Room 89119 Maryland Pkwy. / Flamingo Rd.	6:00pm	8:30pm
En Español Martes (Tuesday)	17 de Marzo	Wendell P. Williams Empowerment School 1030 J Street, Parent Center 89106 Washington Ave. / J Street	9:30am	11:30am

Register by calling the Parenting Project at (702) 455-5295

- ▶ Participants must begin in Session 1 and attend all sessions to receive a certificate of completion. If two or more classes are missed, participants will be scheduled to begin the program again.
- ▶ To receive credit, participants must sign in at each session and complete all sessions within six months.

Children do not attend this class.

Free of charge.

Schedule is subject to change.



February/March 2015

Staying Connected With Your Teen

For parents and youth ages 11 to 17 years

Parents learn the importance of clear rules and consistent supervision and how to practice a positive approach to discipline that teaches self-responsibility. Parents and youth participate in problem-solving, conflict resolution and asset-building activities designed to promote a nurturing and supportive family environment. **Youth 11 and older may attend with a parent/caregiver.**

Day	6 session program Start Date	Location Address Zip Code and Major Cross Streets	Start time	End time
Tuesday	February 3	Arbor View High School 7500 Whispering Sands Dr., Portable 5 89131 Buffalo Dr. / Grand Teton Dr.	5:30pm	7:30pm
Thursday	February 12	Gibson Middle School 3900 W. Washington Ave. 89107 Washington Ave. / Decatur Blvd.	5:00pm	7:00pm
En Español Jueves (Thursday)	12 de Febrero	En Español Gibson Middle School 3900 W. Washington Ave. 89107 Washington Ave. / Decatur Blvd.	5:00pm	7:00pm
Monday	February 23	Cambridge Community Center 3900 Cambridge St., Multi-purpose Room 89119 Maryland Pkwy. / Flamingo Rd.	6:00pm	8:30pm
Wednesday	March 4	Black Mountain Recreation Center 599 Greenway Rd. Henderson 89015 Horizon Dr. / Greenway Rd.	5:30pm	8:00pm
Wednesday	March 4	Department of Family Services 121 S. Martin Luther King Blvd.– Lincoln Room 89106 Symphony Park / Martin Luther King Blvd.	6:00pm	8:30pm
Thursday	March 5	Doolittle Community Center 1950 J Street 89106 Lake Mead Blvd. / J Street	6:00pm	8:30pm

Youth ages 11 and older may attend with a parent or caregiver.

Register by calling the Parenting Project at (702) 455-5295

- ▶ Participants must begin in Session 1 and attend all sessions to receive a certificate of completion. If two or more classes are missed, participants will be scheduled to begin the program again.
 - ▶ To receive credit, participants must sign in at each session and complete all sessions within six months.
- Free of charge. Schedule is subject to change.**



February/March 2015

Teen Triple P (Teen Positive Parenting Program)

For parents of teenagers ages 11 to 17 years

In the **Teen Triple P** course parents and caregivers learn new parenting skills and improve existing skills to support the development of their teenager. This eight-session program provides parents with strategies to increase desirable teen behaviors and manage problem behaviors in a constructive and caring manner to reduce conflict and minimize risk taking behavior. Teen Triple P is an internationally recognized evidence-based program. ***Children do not attend this class.***

Day	8 session program Start Date	Location Address Zip Code and Major Cross Streets	Start time	End time
Wednesday	February 11	Cambridge Community Center 3900 Cambridge St., Suite 203 89119 Maryland Pkwy. / Flamingo Rd.	1:00pm	3:30pm
Tuesday	February 24	Walnut Recreation Center 3075 N. Walnut Ave 89115 Cheyenne Ave. / east of Las Vegas Blvd.	5:30pm	8:00pm

Register by calling the Parenting Project at (702) 455-5295

- ▶ Participants must begin in Session 1 and attend all sessions to receive a certificate of completion. If two or more classes are missed, participants will be scheduled to begin the program again.
- ▶ To receive credit, participants must sign in at each session and complete all sessions within six months.

Children do not attend this class.

Free of charge.

Schedule is subject to change.





February/March 2015

BabyCare - For expecting or new parents of children birth to 6 months

New parents have lots of questions. **BabyCare** is a six-session program for expecting or new parents, that addresses many new-parent concerns from bonding and caring for a new baby to childcare options. Parents learn how to feed, bathe, diaper, dress, care for and play with their babies. Information on early development, health, safety, nutrition and choosing childcare is provided. Parents will explore positive strategies for guiding behavior, communication with young children, managing stress and solving problems to provide nurturing care for their babies. ***Children do not attend this class.***

Day	6 Session Program Start Date:	Location Address Zip Code and Major Cross Streets	Start time	End time
Thursday	February 5	Cambridge Community Center 3900 Cambridge St., Suite 203 89119 Maryland Pkwy. / Flamingo Rd.	1:00pm	3:30pm
Tuesday	March 24	Whitney Recreation Center 5712 E. Missouri Ave. 89122 Boulder Hwy. / Tropicana Ave.	1:00pm	3:30pm

Register by calling the Parenting Project at (702) 455-5295

- ▶ Participants must begin in Session 1 and attend all sessions to receive a certificate of completion. If two or more classes are missed, participants will be scheduled to begin the program again.
- ▶ To receive credit, participants must sign in at each session and complete all sessions within six months.

Children do not attend this class. Free of charge. Schedule is subject to change.

clark county department of
family services



Parenting Project

Cambridge Community Center

3900 Cambridge St. Suite 203 • Las Vegas, NV 89119

(702) 455-5295



The Parenting Project offers a series of free programs to help parents be more effective in raising their children. The following programs are offered at various locations throughout Clark County.

Triple P (for parents with children ages 2 to 11 years with challenging behavior issues)

The **Triple P Positive Parenting Program** helps parents manage difficult behavior problems with children ages 2 to 11. Triple P suggests simple routines and small changes that can make a big difference in families. It helps parents understand the way their family works and helps create a more stable, supportive and harmonious family. In this eight-session program, parents learn to deal positively, consistently and decisively with problem behavior and build positive relationships with their children so that conflict is resolved. Available in Spanish.

BabyCare (for expecting or new parents with children ages birth to 6 months)

The **BabyCare** program is packed with need-to-know information for expecting or new parents. This fun and interactive program helps parents or caregivers learn and practice baby care skills including how to nurture, feed, bathe, diaper, dress, care for and play with infants. In this six-session program, parents learn about infant safety, safe sleep practices, nutrition, health, early development, behavior guidance and choosing child care.

Nurturing Parents & Families (for parents of children ages 6 months to 5 years)

The **Nurturing Parents and Families** program promotes positive, healthy and nurturing interactions between parents and their infants, toddlers and preschool children. Developmental stages of children from infancy through preschool are presented. Parents will learn stress management techniques, how to establish routines and handle anger. Problem-solving techniques and appropriate behavior management methods are presented and practiced during this six-session program. Available in Spanish.

ABC's of Parenting (for parents of children ages 5 to 10 years)

ABC's of Parenting is a fun and interactive program that helps parents of school-age children gain an understanding of their children's development and behavior. Parents learn how to communicate effectively with their children, encourage better behavior, use positive discipline techniques and teach responsibility. This six-session program shows parents how to help children succeed in school and solve problems. Parents will also learn how to manage stress and anger and talk to their children about drugs, alcohol and other issues. Available in Spanish.

Staying Connected with Your Teen (for parents and youth 11 to 17 years)

Staying Connected with Your Teen is designed to maximize family strengths and reduce behavioral problems in youth. Youth 11 to 17 years-old attend this six-session program with their parents to promote communication and trust. Parents learn the importance of clear rules and consistent supervision and how to practice a positive approach to discipline that teaches self-responsibility. Parents and youth participate in problem-solving, conflict resolution and asset-building activities designed to promote a nurturing and supportive family environment. Available in Spanish.

Teen Triple P - Teen Positive Parenting Program (for parents of teens 11 to 17 years)

In the **Teen Triple P** course parents and caregivers learn new parenting skills and improve existing skills to support the development of their teenager. This eight-session program provides parents with strategies to increase desirable teen behaviors and manage problem behaviors in a constructive and caring manner to reduce conflict and minimize risk taking behavior. Teen Triple P is an internationally recognized evidence-based program. (Parents only)

Classes are free!

Call the Parenting Project at (702) 455-5295 to register.



clark county department of
family services

Proyecto Familiar

Cambridge Community Center
3900 Cambridge St. Suite 203 • Las Vegas, NV 89119
(702) 455-5295



El Proyecto Familiar ofrece una serie de programas gratis que ayudan a los padres a ser mas efectivos en la crianza de sus hijos. Los siguientes programas se ofrecen en diversos lugares a través del Condado de Clark.

Triple P (para padres de niños de 2 a 11 años de edad)

El Programa de Padres Positivos ayuda a los padres de niños 2 a 11 años a manejar problemas de conducta difíciles. Triple P sugiere rutinas simples y pequeños cambios que pueden hacer una enorme diferencia en las familias. Esto ayuda a los padres a entender la forma de funcionamiento de su familia ayudando así a crear familias de apoyo más estables y armoniosas. En este programa de ocho sesiones, los padres aprenderán a lidiar con un problema de conducta siendo decisivos, constantes y positivos aprendiendo así a construir relaciones positivas con sus hijos para que el conflicto sea resuelto.

Criando Con Amor (para padres de niños de 6 meses a 5 años de edad)

Criando Con Amor un programa que promueve interacciones saludables y positivas entre padres e infantes, niños que empiezan a andar y niños preescolares. Se plantean las etapas para el desarrollo de niños desde la infancia hasta el preescolar. Los padres aprenderán técnicas para manejar la tensión nerviosa, cómo establecer rutinas y controlar el enojo. Técnicas para solucionar los problemas y métodos apropiados de comportamiento son presentados y practicados durante este programa de seis sesiones.

Mejoramiento Familiar (para padres de niños de 5 a 10 años de edad)

Mejoramiento Familiar es un programa divertido e interactivo que ayuda a los padres de niños de edad escolar primaria a obtener una comprensión de su desarrollo y comportamiento. Los padres aprenden a comunicarse eficazmente con sus niños, a alentar un mejor comportamiento, a usar técnicas positivas de disciplina y a enseñar responsabilidad. Este programa de seis sesiones le muestra a los padres cómo ayudar a los niños a tener éxito en el año escolar y a solucionar los problemas. Los padres también aprenderán a manejar la tensión nerviosa y el enojo y a hablar con sus niños acerca de las drogas, alcohol y otros temas.

Permanezca Conectado A Su Adolescente (para padres y adolescentes de 11 a 17 años de edad)

Permanezca Conectado A Su Adolescente esta diseñado para maximizar fuerzas familiares y reducir problemas de conducta en la juventud. Los jóvenes de 11 a 17 años asisten a este programa de seis sesiones con sus padres para promover comunicación y confianza. Los padres aprenden la importancia de las reglas claras y una consistente supervisión y cómo practicar un acercamiento positivo para enseñar disciplina que enseña auto-responsabilidad. Los padres y las jóvenes participan en la solución al problema, resolución al conflicto y actividades diseñadas para fortalecer los valores y para promover un acercamiento suave y un ambiente familiar de apoyo.

Gratis!



Para registrarse llame al Proyecto Familiar al (702) 455-5295