

Parenting Classes

(Family Law CASA does not support or endorse any of these agencies, the information is simply provided to assist those seeking resources. Some agencies may have been omitted unintentionally.)

*To see a list of these and other date specific, on-going, and special interest parenting classes, visit the Puget Sound Adlerian Society website at www.pasadler.org

Apple Parenting

1102 J Street SE

Auburn, WA 98002

Phone: 253 939 0870

Website: www.acapchildservices.org

Cost: \$50 per person

Duration: Once a week for 8 weeks

Time: Monday-Thursday 6:30pm-8:30pm (different classes are held on different days)

Focus: There are three different classes for Early Childhood, General, Teens, and Teen Parents (starting this Fall).

Early Childhood: About children of the ages of birth to 5 years. Focuses on the developmental stages of the age group, safety, nutrition, discipline, school readiness, and stress management, etc.

General: About children of the ages of 5-12 years. Focuses on development of age group and related guidelines, communication, discipline, development of self-esteem, stress and anger management, and issues surrounding divorce, step-parenting, and blended families.

Teens: About children who are in their teen years. Focuses on communication, problem-solving skills, stress and anger management, limit setting, and issues surrounding sex, drugs, and dating.

Additional Information:

The classes meet in different locations in the Auburn, Kent, Federal Way and Tacoma area. All instructors are also experienced parent-educators, therapists, social workers, and counselors, and have at least an Associate's Degree. Class in Tacoma on challenging children.

Breakthrough Parent Institute

4616 25th Avenue NE, #335

Seattle, WA 98105

Hours: 9:00am-1:00pm

Breakthrough Parenting Class Location:

Burke Gilman Place Clubhouse

5100 40th Avenue NE

Seattle, WA 98105

Phone: 206 992 2831

Website: www.parent-services.com

Cost: Initial interview is \$60 (the \$60 can be applied towards the other program fees). It is \$240 for each module. There is an additional once a month, for 6 to 10 months, follow-up workshop that is \$60 each month. Payment plans are available.

Duration:

Module 1, the WHOA! Anger Management class is 8 weeks

Module 2, the ongoing Parent Class is 10 weeks

Follow-up workshop(s) is 6 months

All together it is a total of 10 ½ months

Time:

WHOA! is every Wednesday or Thursday (depending on enrollment) from 6:30pm-8:30pm.

Ongoing Parenting Class is on Mondays at 6:30pm-8:30pm

Follow-up Workshop is TBA

Focus: The Breakthrough Parenting program begins with the first module focusing on anger management and the parent's attitudes and beliefs regarding parenting. Based on the theories and ideas by Healthy Beginnings, Alfred Adler, Abraham Maslow, and Michael Popkin, there is also focus on the education of and the parents' personal experiences in the development of the brain, other physical development, the development of empathy, as well as a guided discovery of the self. In the second module, the techniques and curriculum of Jayne Majors' *Breakthrough Parenting: Moving from Struggle to Cooperation* are used in the class to help parents form appropriate and positive parenting styles. The follow-up groups are to check-in with the parents and make sure they are maintaining and practicing what they have learned as well as offering support.

Additional Information:

There is a required interview prior to entering the program that is used to help the client assess their personal needs. For further details, visit the website.

Bright Beginnings

Deborah Riehl

1906 Pacific Avenue

Everett, WA 98201

Phone: 425 259 6716

Cost: \$250- includes class and materials

Duration and Time: Varies- need to call for class schedule

Focus: S.T.E.P.: Systematic Training for Effective Parenting program for Children ages 0-3, preschool, and adolescent/teen.

Additional Information: The program is taught in a group class, one on one, or one on one in client's home.

Cascade People's Center

309 Pontius Avenue North

Seattle, WA 98109

Phone: (206) 587-0320

Fax: (206) 694-5777

ATTN: Cascade People's Center

Email: cascadepeoplescenter@lcsnw.org

Website: www.cascadepeoplescenter.org

Cost: FREE

Duration: 3 classes are offered during the year. The class lasts 10-14 weeks, meeting once a week.

Time: The class meets for 3 hours either in daytime or evening

Focus: The class is based on the SMEC: Strengthening Multi-ethnic Communities and Families curriculum. It's for families of children with all ages, and includes a violence-prevention parent-training program

Additional Information: Days and times the classes are variable because it is catered to the needs of the participants of the class. The classes are taught in English and Spanish.

Catholic Community Services

100-23rd Ave. S.

Seattle, WA 98144

Phone: 206-328-5097

Website: www.ccsww.org

Cost: Free and childcare is provided

Duration: The class meets from 6-8pm for 11 weeks every quarter

Focus: Increase the ability to provide love and structure in the lives of children and teens. Learn how to stop misbehavior, understand the different ages and stages of children. Help children to develop self-esteem and self-control.

Additional information: Certificate of completion provided. Dates and times of classes subject to change.

Center for Human Services (CHS)

17018 15th Avenue NE

Shoreline, WA 98155

Phone: 206 362 7282

Fax: 206 362 7152

Email: execdir@chs-nw.org

Website: www.chs-nw.org

Cost: \$50 which includes textbook and workbook; partial scholarships are available.

Duration: Once a week for 10 weeks

Time: 6:30pm-8:30pm every Monday

Focus: Open to parents of children of all ages. Classes are based upon the Breakthrough Parenting curriculum by Jayne Major.

Additional Information:

The classes run every 10 weeks with approximately a 1 week break between each 10 week run.

The instructor underwent an intensive 12 hour a day, weekend training seminar of the Breakthrough Parenting curriculum.

Family Services

615 2nd Ave, Suite 150

Seattle, WA 98104
Phone: 206 826 3050
Fax: 877 903 0711
Website: www.family-services.org
Email: info@family-services.org

Parenting Classes

Program: "Respectful Parenting"

Cost: Sliding Scale of \$15-\$60 per week

Duration: weekly meetings for 12 weeks

Focus: Teach parents the importance, need, and skills for:

Respect for children; appropriate, natural, and logical discipline and consequences; listening to children; conflict prevention; teaching problem-solving skills to children; appropriate response to children's anger; stages of development and age-appropriate needs. There is also special focus on the needs of teens and effects of family violence on children.

Additional Information:

Prior to the parenting classes, there is a screening with a therapist. This screening is made to determine if there is need for referral and attention given to any chemical dependency issues, mental health issues, domestic violence*, and sexual deviance.

* If there is a need to address the presence of domestic violence, then the client will need to complete the offered domestic violence intervention program through Family Services. The parent may need to participate in 8 hours of anger management if necessary during participation in the parenting classes.

Family Works

1501 North 45th Street

Seattle, WA 98103

Phone: 206 694 6727

Fax: 206 694 6777

Email: info@familyworksseattle.org

Website: www.familyworksseattle.org

Cost: Payment for textbook at approximately \$10, some scholarships available

Duration: 1 day or up to 6 weeks- depends on age group of children

Time: 6:00pm-8:00pm (toddler class) Class held at Daniel Bagley Elementary School at 7821 Stone Way Ave. N. Class on Positive Parenting of Toddlers and Preschoolers starts 11/6/06. Class on Positive Parenting of School Age Children is from 6:30-8:30 starting on 9/18/06.

Focus: STEP curriculum for toddlers, school-aged children, and teenagers

Additional Information: Check calendar on website for exact dates of classes.

Offers childcare during classes.

Friends of Youth

414 Front Street North

Issaquah, Washington 98027-2914

Phone: 425 392 6367

Fax: 425 391 4971

Website: www.friendsofyouth.org

Program: Based on STEP: Systematic Training for Effective Parenting of Teens curriculum

Cost: \$45 per person or \$60 a couple

Duration: meet once a day for 8 weeks

Time: 7:00pm-9:00pm

Focus: Teens age 13-19. Teaches enhancement of parents' communication with teens.

North Seattle Family Center

3200 NE 125th Street, Suite 2

Seattle/Lake City, WA 98125

Phone: 206 364 7930

Program: Fatherhood Group

Cost: FREE

Duration: 12-14 weeks

Time: 2nd and 4th Wednesdays of every month, 6:00pm-7:30pm

Focus: Essentially a support group for fathers who are going through divorce, separation, and custody issues. Allows fathers to share experiences with one another as well as teaching child development, nutrition, and safety/CPR. There are also activities for the fathers and children to engage in together for bonding.

Northshore Youth and Family Services

Main Office:

10309 NE 185th

Bothell, WA 98011

Main Office Phone: 425 485 6541

Main Office Hours: Monday-Thursday 9:00am-8:00pm, Friday 9:00am-4:00pm

Parenting Program: "Parenting and Recovery"

Parenting Program Coordinator: Leona Moran

Parenting Program Phone: 425 486 2655

Parenting Program Location:

Kenmore Community Church

7504 NE Bothell Way

Kenmore, WA 98028

Cost: FREE

Duration: Every Monday for 12 weeks- the 12 weeks is required to obtain a certificate of completion.

Time: 6:30pm-8:30pm

Focus: Teaching parenting skills to parents who are in recovery of substance abuse and/or there is some sort of court or CPS involvement in the family due to substance abuse, domestic violence, etc. The idea is to help parents, who are in specific need, with their parenting skills and styles. However, all parents are welcome. Classes are for parents of children of all age groups- the class is adapted to the ages of the children of the currently participating parents.

Additional Information:

The program is supported by King County Community Organizing Grant. The instructor is an experienced Social Worker and worked for DSHS for 27 years. There is open enrollment into the classes, so a parent can begin anytime. Please call to enroll.

Rainier Beach Family Center

8825 Rainier Ave. South

Seattle, WA 98118

Phone (206) 723-1301; contact Carmen

E-mail tamsens@atlanticstreet.org

Website: www.atlanticstreet.org/centers.html

Hours: Monday and Friday, 9:00am-5:00pm, and Tuesday, Wednesday, Thursday,

9:00am-7:00pm

Cost: FREE

Duration: Birth to age 3 is two sessions; Ages 3 to 11 is 9 weeks; Parenting of a Teenager is 9 weeks. *Check for actual dates

Time: Birth to 3 meets on Saturdays at 10:00am-4:00pm; Ages 3 to 11 meets on Tuesdays at 6:30pm-8:30pm; Parents of Teenagers meets on Thursdays at 6:30pm-8:30pm.

Focus: Teaches parenting skills and proper interaction techniques appropriate with different age groups.

Additional Information:

There is limited provision of childcare and transportation. There is also a light dinner for the parents and children a half an hour before the class starts. Please call to register ahead of time.

RAYS: Renton Area Youth and Family Services

West Hill Family Center- Located in the Skyway area of Renton

206 772 2050

Main office:

Renton Area Youth & Family Services

Administration & Counseling Services

1025 South 3rd Street

Renton, WA 98055

Phone: 425-271-5600

Website: www.rays.org

Cost: FREE

Duration: 1 night a week for 12 weeks. There are three 12 week classes that coincide with the school year. These 12 week classes occur September to December, January to March, and then March to June.

Time: 6:00pm-9:00pm; food is provided for the children and parents at 6:00pm-6:30pm; the class begins at 6:30

Focus: The focus of the class is for families with children of the ages 3 to 18. The curriculum of the classes and training of the teachers is based upon SMEC: Strengthening Multi-Ethnic Communities and Families curriculum.

Additional Information: Free childcare is provided while the parents are attending class. The classes are held at a different school within the Renton and Kent school districts- this

is to offer convenience of location and availability to parents. In accordance with the classes there are parent support groups. One support group meets every 2nd Monday of the month and offers free food and childcare for the children. The second support group is a parent initiated by the parents who have attended the classes. This group meets every other Tuesday.

To join the class, please call RAYS West Hill Family Center prior to beginning of the 12 week class section. Phone number to enroll is 206-772-2050.

Southwest Family Center

4555 Delridge Way Southwest

Seattle, WA 98106

Phone: 206 937 7680

Website: www.swyfs.org

Cost: FREE

Duration: Every Thursday for 8 weeks (days are subject to change)

Time: 6:00pm-8:30pm

Focus: SMEC: Strengthening Multi-Ethnic Communities and Families curriculum

Additional Information: Offers free childcare during classes. Classes are offered specifically to Latino, Cambodian and Somali families.

S.T.E.P.

Odessa Brown Clinic

2101 E. Yesler Way

Seattle, WA. 98122

206-987-7201

Cost: \$5 per person

Duration: Six week program once per week from 6:30-8:30pm

Focus: Model on need of group, positive discipline, nutrition, discipline, child development, some parents are court ordered, dealing with stressful parenting.

Instructors: Elizabeth Thomas, ARNP and Shirley Caldwell, MSW

Valley Cities Counseling and Consultation

Patrice at 253 335 3874

Inna at 253 335 3749

Cost: FREE

Time: Tuesdays at 5:00pm-6:30/7:00pm, and Mondays and Wednesdays at 5:00pm-7:30pm

Focus: Love and Logic teaches parents how to use love and logic in their discipline and guidance. It helps the parents feel fewer obligations for control over their children so that the children are able to gain a sense of responsibility for their behavior. This also lets the children live and learn and the parents teach them along the way.

SMEC: Strengthening Multi-Ethnic Communities and Families. Taught in English, Spanish, and Russian. This is an on-going class.

Additional Information:

Dates, times, and locations for Love and Logic are subject to change. Please call to verify.

Vashon Youth and Family Services

20110 Vashon Hwy SW

Vashon, WA 98070

Prevention Coordinator: 206 463 5511 ext. 231

Phone: 206 463 5511

TTY: 206 463 7575

Fax: 206 463 5513

Email: info@vyfs.org

Website: www.vfys.org

Cost: Sliding fee scale based on income; accepts medical coupons; accepts only Group Health insurance

Duration: One or two sessions

Time: One hour each

Focus: The program is called "Parent Consultation" which is the parents meeting with parent educators that give support information, and strategies for parenting skills. Help resolve specific challenges such as: child's sleeping issues, homework struggles, develop clear expectations, effective limit setting, building positive relationship between parent and child, discipline issues, and parental stress management

Youth Eastside Services- YES

999 164th Ave NE

Bellevue, WA 98008

Phone: 425 747 4937

Fax: 425 957 0351

Hearing Impaired Relay System: 425 747 4937

Website: www.youtheastideservices.org

Hours: Monday-Thursday, 9:00am-9:00pm.; Friday, 9:00am-5:00pm

Additional Information: Contact YES intake office at 425 586 2312

Classes:

Effective Parenting of Pre-teens

Cost: \$120

Duration: 6 weeks

Time: Monday nights at 7:45pm-9:15pm

Focus: Ages 6-12

Effective Parenting of Teens

Cost: \$120

Duration: 6 weeks

Time: Monday nights at 7:45pm-9:15pm

Focus: ages 13+

Neighborhood School House Parenting Class

Location: Redmond Elementary

Duration: Monthly

Time: Every 3rd Saturday at 10:00am-12:00pm

PCIT: Parent-Child Interaction Training/Therapy

Description: Developed by Sheila M. Eyberg, Ph.D. in the 1970s, PCIT is a two-phase method of parent training and therapy for children with behavior problems, high risk for or experienced physical abuse, and experienced trauma. The first phase is strengthening the positive relationship between the child and parent. The second phase is for teaching the parents appropriate and effective parenting skills and discipline.

Locations that offer PCIT:**Encompass**

1407 Boalch Avenue Northwest

North Bend, WA 98045

Phone: 425 888 2777

Toll Free: 1 888 410 5905

Fax: 425 888 2010

TTY: 1 800 833 6388

Website: www.encompassnw.org

Cost: \$85 per session; sliding fee scale available

Duration: 12 to 14 weeks

Time: 1 hour sessions once a week with daily 5 minute homework

HCSATS: Harborview Center for Sexual Assault and Traumatic Stress

1401 East Jefferson, Suite 400

Seattle, WA 98122

Phone: 206 521 1800

TTY: 206 521 1808

Website: www.hcsats.org

Cost: Accepts children's medical coupons if they're not in counseling elsewhere, and accepts private insurance; call for exact fees if not using medical coupons or insurance

Duration: Approximately 14-18 weeks

Time: By appointment only during Monday-Friday, 8:00am-5:00pm, with some evening appointments.

Additional Information: Contact Jocelyn Savage or Naomi Perry to set up appointments

Institute for Family Development

34004 16th Avenue South, Suite 200

Federal Way, WA 98003

Phone: 253 874 3630

Website: www.institutefamily.org

Cost: FREE

Duration: 4 weeks

Time: Once a week for 1 hour plus 5 minutes of homework each night

Hours: Very flexible and around needs of clients; can include evenings and weekends

Additional Information: The client's personal social worker or case manager needs to contact Janet G. at extension 118.

Odessa Brown Children's Clinic (Children's Hospital)

2101 East Yesler Way, Suite 100

Seattle, WA 98122

Phone: 206 987 7201

Cost: Accepts private insurance with a flat fee scale of \$93-\$148 depending on insurance; accepts medical coupons; has a financial aid program available.

Hours: Monday-Friday, 9:00am-5:00pm

Additional information: PCIT is a program offered apart of therapy services and is only available to those who are receiving mental health counseling