

Parenting Resources						
Name	Address	Phone Number	Hours	Website	Email	Notes
<b>80902</b>						
Kid Power - Weikel Elementary School	6565 Lindstrom St Colorado Springs, CO 80902	Kid Power: 719-520-1311 School: 719-358-4320	January 14 & 21, 2016	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	The Kidpower approach ensures that every child practices every skill presented through carefully formatted activities and role-plays that build confidence, self-esteem and awareness in dealing with strangers, adults children know and bullies.
<b>80903</b>						
Centro de la Familia: Parenting With Affection	122 E Animas St Colorado Springs, CO 80903	719-227-9170		<a href="http://www.elcentrodefamilia.org">www.elcentrodefamilia.org</a>	<a href="mailto:centro@jmail.com">centro@jmail.com</a>	A 10-week parenting class for Spanish-speaking families that teaches culturally appropriate techniques as well as alternatives to physical punishment for becoming a positive and nurturing parent. Children participate in age-appropriate activities in order to learn the same concepts that the parents are learning.
Catholic Charities: Marian House Life Support	14 W Bijou St Colorado Springs, CO 80903	719-578-1222	Monday, Tuesday, Thursday, & Friday 9am to 2pm; Wednesday 9am to 4pm	<a href="http://www.ccharitiescc.org">www.ccharitiescc.org</a>	<a href="mailto:info@ccharitiescc.org">info@ccharitiescc.org</a>	Life Support Service provides education / support, information and referrals to low-income pregnant women and families with young children.
CASA	701 S Cascade Ave Colorado Springs, CO 80903	719-447-9898	Call for costs and times	<a href="http://www.casappr.org/programs/children-families-in-transition-c-ft/">http://www.casappr.org/programs/children-families-in-transition-c-ft/</a>		Supervised Exchange Program (Court Ordered), Supervised Parenting Time (Court Ordered), Children and Families in Transition Class (CT Approved Level 1)
Center on Fathering: Conflict Resolution for Dads	325 N El Paso Colorado Springs, CO 80903	719-634-7797	Call for Times	<a href="http://dhs.elpasoco.com/Pages/COF.aspx">http://dhs.elpasoco.com/Pages/COF.aspx</a>	<a href="mailto:kensanders@elpasoco.com">kensanders@elpasoco.com</a>	10 Session program which gives dads a unique, father-oriented way to deal with conflict in their lives.
Center on Fathering: Nurturing Fathers	325 N El Paso Colorado Springs, CO 80903	719-634-7797	Call for Times	<a href="http://dhs.elpasoco.com/Pages/COF.aspx">http://dhs.elpasoco.com/Pages/COF.aspx</a>	<a href="mailto:kensanders@elpasoco.com">kensanders@elpasoco.com</a>	13 week group-based program for developing attitudes and skills for male nurturance.
Center on Fathering: Inside Out Dad	325 N El Paso Colorado Springs, CO 80903	719-634-7797	Call for 12wk course schedule	<a href="http://dhs.elpasoco.com/Pages/COF.aspx">http://dhs.elpasoco.com/Pages/COF.aspx</a>	<a href="mailto:kensanders@elpasoco.com">kensanders@elpasoco.com</a>	Provides practical and innovative ways to help overcome the physical and psychological challenges that incarcerated fathers face inside and outside.
Colorado College Children's Center	909 N Nevada Ave Colorado Springs, CO 80903	719-389-6764	Call for Schedule	<a href="http://www.coloradocollege.edu">www.coloradocollege.edu</a>	<a href="mailto:cwarfield@coloradocollege.edu">cwarfield@coloradocollege.edu</a>	Love and Logic
Family Connection Networks/SMILES Support Group	418 S Weber St Colorado Springs, CO 80903	719-380-1100	Call for Schedule	<a href="http://www.tre.org">www.tre.org</a>	<a href="mailto:fcn@tre.org">fcn@tre.org</a>	Run by a steering committee of family members that have loved ones with developmental and physical disabilities and community organizations and is supported by TRE.
Kid Power - Starting Strong	10 Boulder Crescent #100 Colorado Springs, CO 80903	719-520-1311	Year 2016/9am - 11am: Jan 16, March 12, May 21, July 23, Sept 19, Nov 14	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	<b>Ages 4-6.</b> Storytelling, puppets and interactive role. -plays teach children simple but powerful skills to: act aware and confident, set boundaries, stop unwanted touch, handle unkind words, be safe with strangers, and get help from adults effectively, even when they are busy.
Kid Power - Weekend Family Workshop	10 Boulder Crescent #100 Colorado Springs, CO 80903	719-520-1311	Year 2016/Fridays 6:30pm to 9:30pm Sat/Sun 9am to 1pm: Feb 19, 20, 21 & June 10, 11, 12	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	<b>Ages 7-12.</b> The Weekend Family Workshop is the most comprehensive (and fun!) program Kidpower offers, incorporating a wide range of personal safety techniques, including awareness skills, boundary-setting and full-force self-protection skills with our head-to-toe padded instructors.
Kid Power - Teenpower Violence Prevention Workshop	10 Boulder Crescent #100 Colorado Springs, CO 80903	719-520-1311	Year 2015/9am to 1pm: Dec 5. Year 2016/9am to 1pm: Jan 30, March 5, Aug 6	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	<b>Ages 13-18.</b> Students learn skills for healthy relationships and to set boundaries in uncomfortable or unsafe situations, including peer pressure, verbal attack and harassment. This program also uses a head-to-toe padded instructor to give students the opportunity for realistic and safe practice of simple and effective self-defense.
Parenting Center LLC: Crossroads of Parenting and Divorce	524 N Tejon St Colorado Springs, CO 80903	719-201-0887	Call for Class Schedule	<a href="http://www.janiceblack.com/PEBody.htm#APN">http://www.janiceblack.com/PEBody.htm#APN</a>	<a href="mailto:contact@janiceblack.com">contact@janiceblack.com</a>	Seminar designed to prevent pain and harm to a child that divorcing parents inflict when, in their anger and grief, they lose sight of their child's needs.
Parenting Center LLC: Active Parenting Now!	524 N Tejon St Colorado Springs, CO 80903	719-201-0887	Call for Class Schedule	<a href="http://www.janiceblack.com/PEBody.htm#APN">http://www.janiceblack.com/PEBody.htm#APN</a>	<a href="mailto:contact@janiceblack.com">contact@janiceblack.com</a>	12 Hour series for all parents, including step-parents, who sometimes wonder if there is a better way to parent
Parenting Center LLC: Birth to Three Years	524 N Tejon St Colorado Springs, CO 80903	719-201-0887	Call for Class Schedule	<a href="http://www.janiceblack.com/PEBody.htm#APN">http://www.janiceblack.com/PEBody.htm#APN</a>	<a href="mailto:contact@janiceblack.com">contact@janiceblack.com</a>	Learn ways to create a positive relationship with your baby, who will benefit socially and emotionally.
PEAK Parent Center	611 N Weber Suite 200 Colorado Springs, CO 80903	719-531-9400		<a href="http://www.peakparent.org">www.peakparent.org</a>	<a href="mailto:info@peakparent.org">info@peakparent.org</a>	Provides assistance to families of children with disabilities (birth to age 26), youth with disabilities, educators, and others through a variety of services.
<b>80904</b>						
Kid Power - West Elementary	25 N 20th St Colorado Springs, CO 80904	Kid Power: 719-520-1311 School: 719-328-4900	January 28 & February 4, 2016	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	The Kidpower approach ensures that every child practices every skill presented through carefully formatted activities and role-plays that build confidence, self-esteem and awareness in dealing with strangers, adults children know and bullies.
<b>80907</b>						
Kid Power - Steele Elementary	1720 N Weber Colorado Springs, CO 80907	Kid Power: 719-520-1311 School: 719-328-4700	February 10 & 17, 2016	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	The Kidpower approach ensures that every child practices every skill presented through carefully formatted activities and role-plays that build confidence, self-esteem and awareness in dealing with strangers, adults children know and bullies.
Kid Power - Andrew Jackson Elementary	4340 Edwinstowe Ave Colorado Springs, CO 80907	Kid Power: 719-520-1311 School: 719-328-5800	April 26 & May 3, 2016	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	The Kidpower approach ensures that every child practices every skill presented through carefully formatted activities and role-plays that build confidence, self-esteem and awareness in dealing with strangers, adults children know and bullies.
Family Attachment Center	2913 Beacon St Colorado Springs, CO 80907	719-520-1019	Call for Schedule of Classes	<a href="http://www.familyattachmentcenter.org/">http://www.familyattachmentcenter.org/</a>		Non-profit counseling center for families with children 0-17yrs old.
<b>80906</b>						
Sandra Kwesell MSC, MFCT	5259 Bancroft Heights Colorado Springs, CO 80906	719-660-0221		<a href="http://www.sosforparents.com/">http://www.sosforparents.com/</a>	<a href="mailto:sandra@sosforparents.com">sandra@sosforparents.com</a>	SOS for Parents training empowers parents/caregivers to redirect and potentially eliminate challenging and oppositional behavior presented by children and adolescents with whom they interact.
<b>80908</b>						
Need Project, Inc.	PO Box 88406 Colorado Springs, CO 80908	719-584-2404		<a href="http://www.needproject.org">www.needproject.org</a>	<a href="mailto:contactus@needproject.org">contactus@needproject.org</a>	Our mission Healthy families and healthy children through the creation of practical resources and support for parents of special needs children.

<b>80909</b>						
<b>Family Connections</b>	2503 Holiday Lane Colorado Springs, CO 80909	719-520-1019				Family Connections has a long history of providing high-quality, family- and child-oriented services for little or no cost. We also offer community trainings on child abuse/neglect issues, parenting, child development and shaken baby syndrome prevention.
<b>80913</b>						
<b>Army Community Services</b>	6303 Wetzell Ave Bldg 1526 Fort Carson, CO 80913	719-526-4590	Must call ahead to register			Boot Camp for New Dads (3 sessions), Nurturing Parenting Program, Infant Massage, Baby Nurturing (0-18months), Cooperative Parenting through Divorce, Playgroups every Friday 10am to Noon.
<b>80915</b>						
<b>Kid Power - Evans Elementary School</b>	1675 Winnebago Road Colorado Springs, CO 80915	Kid Power: 719-520-1311 School: 719-495-5299	February 24 & March 2, 2016	<a href="http://www.kidpowercs.org">www.kidpowercs.org</a>	<a href="mailto:colorado@kidpower.org">colorado@kidpower.org</a>	
<b>80918</b>						
<b>Family Nurturing Center</b>	6455 N Union #202 Colorado Springs, CO 80918	719-533-1088	Call for cost and schedule	<a href="http://nurturingparenting.com/fncoco.html">http://nurturingparenting.com/fncoco.html</a>	<a href="mailto:fncco@qwestoffice.net">fncco@qwestoffice.net</a>	Nurturing Parenting Program (0-5 years, 16/3hr sessions); Nurturing Parenting Program (5-12 years, 16/2.5hr sessions); plus many more
<b>Carmel Community Living Corporation &amp; Carmel Brain Center</b>	4740 Flintridge Dr. #220 Colorado Springs, CO 80918	719-477-9972		<a href="http://carmelcorp.com/">http://carmelcorp.com/</a>	<a href="mailto:lbrennenstuhl@carmelclc.com">lbrennenstuhl@carmelclc.com</a>	community connecting, career development, job placement with continued support, specialized habilitation day program services, supported living and children's extensive services (respite, personal care, vocational), school to work transition services in day programs, social events and one-to-one relationships with volunteers. Cutting edge, multi-modality brain development therapy for the treatment of a myriad of
<b>80814</b>						
<b>1,2,3,4 Parents!</b>	1115 W Hwy 24 Suite 2D Divide, CO 80814	719-686-0705	\$20 per person or \$30 a couple. Call for schedule	<a href="http://www.cpteller.org/parenting/">http://www.cpteller.org/parenting/</a>	<a href="mailto:jen@cpteller.org">jen@cpteller.org</a>	Children 1 to 4 years old. Through this program you will learn skills that will help you develop cooperation, responsibility and self-esteem in your children. You'll also learn positive discipline techniques so you can avoid those all-too-familiar power struggles
<b>Active Parenting Now</b>	1115 W Hwy 24 Suite 2D Divide, CO 80814	719-686-0705	\$40 per person or \$60 a couple. Call for schedule	<a href="http://www.cpteller.org/parenting/">http://www.cpteller.org/parenting/</a>	<a href="mailto:jen@cpteller.org">jen@cpteller.org</a>	Children 5 to 12 years old. This workshop will give you tools for raising responsible children who are able to resist negative peer pressure. Over the course of six sessions, you'll learn non-violent discipline techniques and effective communication and encouragement skills to build a solid foundation for the upcoming teen years
<b>Active Parenting of Teens</b>	1115 W Hwy 24 Suite 2D Divide, CO 80814	719-686-0705	\$40 per person or \$60 a couple. Call for schedule	<a href="http://www.cpteller.org/parenting/">http://www.cpteller.org/parenting/</a>	<a href="mailto:jen@cpteller.org">jen@cpteller.org</a>	Active Parenting of Teens is a comprehensive new parenting program for parents of preteens and teens. The skills you learn in this class will give you confidence and courage to meet the challenges—and savor the joys—of your children's teen years.
<b>Cooperative Parenting and Divorce</b>	1115 W Hwy 24 Suite 2D Divide, CO 80814	719-686-0705	\$40 per person. Call for schedule	<a href="http://www.cpteller.org/parenting/">http://www.cpteller.org/parenting/</a>	<a href="mailto:amy@cpteller.org">amy@cpteller.org</a>	Learn how to parent through the transitioning of divorce, two homes, and co-parenting.
<b>Crossroads of Parenting &amp; Divorce</b>	1115 W Hwy 24 Suite 2D Divide, CO 80814	719-686-0705	\$30 per person. Call for schedule	<a href="http://www.cpteller.org/parenting/">http://www.cpteller.org/parenting/</a>	<a href="mailto:amy@cpteller.org">amy@cpteller.org</a>	5 hour seminar that provides guidance on a successful journey through divorce and parenting.
<b>Grandparent Support Group</b>	1115 W Hwy 24 Suite 2D Divide, CO 80814	719-686-0705	1st Friday every month = 9am to 11am; 3rd Tuesday every month = 1:30pm to 3:30pm	<a href="http://www.cpteller.org/parenting/">http://www.cpteller.org/parenting/</a>	<a href="mailto:amy@cpteller.org">amy@cpteller.org</a>	Come share ideas, concerns, and achievements with other grandparents who know exactly what you are going through.
<b>Second Time Around: Grandparents raising Grandchildren</b>	1115 W Hwy 24 Suite 2D Divide, CO 80814	719-686-0705	\$40 per person or \$60 a couple. Call for schedule	<a href="http://www.cpteller.org/parenting/">http://www.cpteller.org/parenting/</a>	<a href="mailto:amy@cpteller.org">amy@cpteller.org</a>	7 week long sessions.
<b>Online</b>						
<b>Technology Resources - For College Students with Disabilities</b>	115 E 23rd St New York, NY 10010			<a href="https://collegestats.org/resources/technology-guide-for-people-with-disabilities/">https://collegestats.org/resources/technology-guide-for-people-with-disabilities/</a>	<a href="#">Email on Site</a>	This guide provides a quick overview of the different common disabilities some college students have and the different resources and technologies available to them. It is truly incredible how many different applications and software programs are out there made just to help students get by in school even with their disabilities. That said, attending college can be very positive and life-changing experience!
<b>Vroom</b>	1700 7th Ave Suite #116/149 Seattle, WA 98101			<a href="http://www.joinvroom.org/">http://www.joinvroom.org/</a>	<a href="mailto:info@joinvroom.org">info@joinvroom.org</a>	New science tells us that our children's first years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up—it's their brains too. In these moments, half a million neurons fire at once, taking in all the things we say and do. We can't see it happening, but it's all there, all at work. That's why Vroom is here. Vroom turns shared moments into brain building moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds.