

# POSITIVE SOLUTIONS FOR FAMILIES TRAINING

## FREE Parent Training Class

We are pleased to offer a 7 class series training that will provide information to families on how to promote children's social and emotional skills, understand problem behavior, and use positive approaches to help children learn appropriate behavior. Parents will be given strategies that may be used with all children. [Training materials, child care, and dinner will be provided for free.](#) This class is one day a week for 7 weeks. Invest in your family today!



## Training Locations

January 2019

### South Colorado Springs

Location: 4955 Bradley Rd, 80911

Begins: Wednesday **January 16th**  
5:30pm-8:00 pm

Contact: Caia Harris-Shoffner  
719-238-7716  
CHarris-Shoffner@tre.org

### Central Colorado Springs

Location: 2025 N Murray Blvd, 80915

Begins: Wednesday **January 9th**  
6:00 pm-8:00pm

Contact: Dora Fernandez  
719-785-3766  
dfernandez@tre.org

### North Colorado Springs

Location: 7899 Lexington Dr, 80920

Begins: Monday **January 21st**  
5:30pm-8:00pm

Contact: Nicole Donatto  
719-722-1013  
ndonatto@tre.org

## What will I LEARN in Training?

### ◆ **Session 1- Making a Connection**

- ◆ You will learn about building relationships, quality time, positive comments and encouragement.

### ◆ **Session 2- Making it Happen**

- ◆ You will learn how play is a powerful parenting practice, supporting the development of friendship skills, and encouraging positive behavior.

### ◆ **ACE's (Adverse Childhood Experiences)**

An introduction to the neuroscience of early childhood development and how adult's Adverse Childhood Experiences may impact both our parenting and our children. We will also discuss how to build resiliency in ourselves and our children.

### ◆ **Session 3- Why do they do what they do?**

- ◆ You will learn how to determine the meaning of behavior, making expectations clear, developing and teaching household rules.

### ◆ **Session 4- Teach me what to do**

- ◆ You will learn about emotional vocabulary, managing anger, problem solving and handling disappointment.

### ◆ **Session 5- Facing the Challenge Part I**

- ◆ You will learn strategies to promote positive behavior.

### ◆ **Session 6- Facing the Challenge Part II**

- ◆ You will learn how to problem solve challenging behavior, and learn solutions you can use in everyday routines.



The Colorado Center for Social Emotion