

The Butte College Foster/Kinship Education Program  
**Presents: Trainer Russ Hansen, LMFT**  
Wednesday Evening Workshops 5:30pm to 8:30pm  
Location: The Greater Oroville Family Resource Center  
1720 Daryl Porter Way Oroville, CA 95966



## Nurturing Parenting Program-Skills For Families

Nurturing is the ability to care for and foster growth in us and others. We all need to be nurtured - to receive understanding, respect, recognition, warmth, praise, security, limits and appropriate expectations. Parents who learn "Nurturing Parenting" realize that raising children doesn't have to be a series of confrontations where parents have to "pick their battles. The Nurturing Parenting Program's Goals are based on teaching competency areas. A competency area is a set of parental attitudes and behaviors that plays a very significant role in childrearing. A major goal of the Nurturing Program is to help parents improve their nurturing in each of these five areas: 1: Appropriate Expectations 2: Empathy 3: Non-Violent Discipline 4: Appropriate Family Roles 5: Power and Independence. The Nurturing Parenting Programs are developed from a strong philosophical basis that supports the growth and development of parents and youth as caring people who treat themselves, other, and the environment with respect and dignity.

### 2012 Dates:

October	03	Class 1/10	The Philosophy and Practices of Nurturing Parenting
October	10	Class 2/10	Ages and Stages of Growth and Development
October	17	Class 3/10	Ways to Enhance Positive Brain Development
October	24	Class 4/10	Communicating With Respect
<b>NO CLASS OCTOBER 31 &amp; November 21, 2012</b>			
November	07	Class 5/10	Building Self-Worth
November	14	Class 6/10	Understanding Feelings
November	28	Class 7/10	Understanding and Developing Family Morals, Values and Rules
December	05	Class 8/10	Praising Youth and Their Behavior
December	12	Class 9/10	Alternatives to Spanking
December	19	Class 10/10	Learning Positive Ways to Deal With Stress and Anger

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these classes. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you.** [www.butte.edu/careerservices/fosterkinship/](http://www.butte.edu/careerservices/fosterkinship/)  
Or go to [www.butte.edu/careerservices](http://www.butte.edu/careerservices) and click on Foster/Kinship Care Education Program

😊😊 Thanks for your cooperation, it really helps!! Choose Your Attitude AND Make It A Great Day!! 😊😊