

Community Based Educational Workshops for Parents

Agency	Website	Phone	Address	
Child Guidance Center		(904) 783 -2579	6316 San Juan Avenue, Suite 41 Jacksonville, FL 32210	
Contact Name:	Ruben Montalvan, M.Ed.	Email:	Rmontalvan@childguidancecenter.org	
Description of Parenting Class or Classes Provided	<p>Curriculum separated into 10 lessons, including: Introduction, Family values and Rules, Praising Children and their Behaviors, Discipline & Rewards, Personal Power, Spanking, Choices & Consequences, Communicating Feelings, Ignoring behaviors, and Drinking and Parenting.</p> <p>Supplemental videos that encourage time out, communication, and parental responsibility.</p> <p>Class discussion always follows the videos.</p>			
Curriculum used:	Stephen Bavolek Nurturing Program		Number of Contact Hours:	20
Cost:				
Target Audience or Eligibility Requirements	Case Plan <u>Referral</u> from Family Service Counselor needed. If no referral, program is \$100.00.			

Agency	Website	Phone	Address	
Exchange Club Family Center	www.exchangeclubfamilycenter.com	904 306-9318	3119 Spring Glen Road, Ste 111 Jacksonville, FL 322207	
Contact Name:	Prudence Williams, L.C.S.W.	Email:	pwilliams@exchangeclubfamilycenter.com	
Description of Parenting Class or Classes Provided	<p>The Parent Aide Program is an in-home visitation program that is designed to increase parenting skills. The curriculum focuses on lessons involving appropriate expectations of children, developing empathy in parents and children, disciplining with dignity, self awareness and appropriate family roles, and empowerment and independence. A Family Plan is developed with the family that is based upon a pre-assessment of needs. A Family Facilitator is assigned to work with the family for a minimum of three months and up to two years if needed.</p>			
Curriculum used:	Nurturing Skills For Families By Stephen J. Bavolek, Ph.D	Number of Contact Hours:	1 hour per week first 3 mos.; 1hr bi-weekly until closure	
Cost:	Free			

Target Audience or Eligibility Requirements	<ul style="list-style-type: none"> • At least one child 12 years or younger • Be considered at-risk for abuse • Willing to participate in services • Must live in Duval County
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Agency	Website	Phone	Address
United Way Of Northeast Florida	Uwnefl.org	(904) 390-3225	1301 Riverplace Blvd. Jacksonville FL 32207
Contact Name:	Melodie Dove	Email:	melodied@uwnefl.org
Description of Parenting Class or Classes Provided	Series of 7 classes 1. Stages of Development 2. Effective Communication 3. Parents responsibilities 4. Effective discipline	5. Dads are Different 6. Food and Fitness 7. Children learn through play	
Curriculum used:	Born Learning	Number of Contact Hours:	10-12
Cost:	FREE		
Target Audience or Eligibility Requirements	Parents of children 0-8 years Parents who self identify a need to take a parenting course or Court ordered parents whose case plan call for a parenting class		

Agency	Website	Phone	Address
Koinonia Dynamis Inc.	Under construction	904 354-6005	1734 Hiram Street Jacksonville, Florida 32209
Contact Name:	Addriss Vinson, LMHC, CRC	Email:	addrissvinson@yahoo.com or koinoniadynamisinc@gmail.com
Description of Parenting Class or Classes Provided	Twelve week parenting class to be given on site or at mobile locations in the community. Classes will address the role of parent- role of child and role of family In home and community. A variety of classes designed to address Parenting issues		
Curriculum used:	Positive Parenting Techniques	Number of Contact Hours:	24 hrs
Cost:			
Target Audience or Eligibility Requirements	Must receive Medicaid-CMS or DCF services or community based in at risk or low-income communities.		

Agency	Website	Phone	Address
Hope Haven Children's Clinic	hope-haven.org	904-346-5100	4600 Beach Blvd. Jacksonville, FL 32207
Contact Name:	Amy Scheider	Email:	amys@hope-haven.org
Description of Parenting Class or Classes Provided	<i>Children <u>First</u> in Divorce: The Parent Education and Family Stabilization Course</i> is a 4-hour course focused on the effects of divorce on children Curriculum covers the emotional, legal, co-parenting, economic, psychological, and community issues in divorce. It also reviews effects of divorce on children at different ages and stages of their lives.		
Curriculum used:	Curriculum received from Pinellas county, FL in 1992 when they trained us. We have since modified it to conform with the standards set forth by the state of Florida. It is updated yearly.	Number of Contact Hours:	4
Cost:	\$40.00		
Target Audience or Eligibility Requirements	Separating and divorcing parents who have minor children or those involved in a paternity action involving issues of shared parental responsibility. Participants are court-ordered.		

Agency	Website	Phone	Address
Hope Haven Children's Clinic & Family Center	hope-haven.org	904-346-5100	4600 Beach Blvd. Jacksonville, FL 32207
Contact Name:	Amber Whittaker	Email:	amberw@hope-haven.org
Description of Parenting Class or Classes Provided	<i>Co-Parenting Beyond Divorce</i> is a 6-week, 15-hour parenting class for divorced or separated parents who continue to litigate or experience conflict over their parenting plan. The curriculum covers topics such as the effects of continued conflict on the children, shared parental responsibility, parental alienation, effective communication (types and tone), and conflict resolution.		
Curriculum used:	Modification of the program, <i>Cooperative Parenting and Divorce</i> , developed by Susan Boyan and Ann Marie Termini (1999).	Number of Contact Hours:	15
Cost:	\$225.00 (includes materials)		
Target Audience or Eligibility Requirements	Divorced or separated parents with minor children; some court-ordered, some referred by their attorneys and some self-referred. Co-parents do not attend the same sessions.		

Agency	Website	Phone	Address	
Jacksonville Network for Strengthening Families	www.jaxkids.net	(904) 630-6481	1095 A. Philip Randolph Blvd Jacksonville, FL 32220	
Contact Name:	Robyn Cenizal	Email:	Cenizal@coj.net	
Description of Parenting Class or Classes Provided	<p><i>The 7 Habits of Successful Families</i> –A fun, interactive course that facilitates self-discovery and allows families to set goals for themselves and strengthen the skills needed to achieve them. The curriculum is designed to teach concepts such as the following that set the stage for self-improvement and increase relationship skills using an inside-out approach:</p> <ul style="list-style-type: none"> How to identify and abandon unhealthy behaviors Coping skills for life’s stressors Accessing help when your family needs it Conflict Resolution Communication skills for interpersonal relationships Making family a priority Value based decision making 			
Curriculum used:	<i>The 7 Habits of Successful Families</i> – Customized for Jacksonville in partnership with FranklinCovey and released nationwide in 2006.		Number of Contact Hours:	10
Cost:	Free			
Target Audience or Eligibility Requirements	Appropriate for all parents and potential parents. We welcome all family members age 13 and older.			

Agency	Website	Phone	Address	
Empowered Parent	www.ihelpparents.com	904-838-9689	PO Box 60722 Jacksonville, FL 32236	
Contact Name:	Glenn Ellison	Email:	glenn@ihelpparents.com	
Description of Parenting Class or Classes Provided	We teach parents how to change destructive adolescent behavior. We provide long term parent support for as long as it takes to change the unwanted behavior at no additional charge. We have a wilderness program that shows children how blessed they are to have parents and a home.			
Curriculum used:	Parent Project		Number of Contact Hours:	24
Cost:	\$150.00 per person			
Target Audience or Eligibility Requirements	Parents of 10-17 year old children.			

Agency	Website	Phone	Address	
NCI's Families & Children Intervention Program	www.fcimjax.com or www.ncijax.org	904) 302-5141	4990 Avenue B Mailing: PO Box 12319 Jacksonville, FL 32209	
Contact Name:	Roshanda Jackson, Program Manager & BC, Christian Clinical Counselor	Email:	Roshanda@fcimjax.com	
Description of Parenting Class or Classes Provided	NCI's FCIM - Families and Children Intervention Program (a sector of NCI - Northside Community Involvement, Inc, a 501c-3 nonprofit organization), focus on teaching tools through structural preventives which will provide practical step-by-step life skills training to our most precious jewels - families. NCI's FCIM was designed to help families and their children become better managers of their lives and households through individual counseling, protective support group environment, parental support, job readiness, and training on establishing and maintaining a life free of dysfunctional, co-dependent and destructive relationships. NCI's FCIM uses an array of parenting techniques and workshops to reach and assist all parental needs of parents.			
Curriculum used:	7 Habits of Successful Families	Number of Contact Hours:	10 hours	
Cost:				
Target Audience or Eligibility Requirements	"At Risk" Families & the Health Zone 1Area (Zip codes 02, 04, 06, 08, 09 & 54)			

Agency	Website	Phone	Address
Children's	www.chsfl.org	493-7744	3027 San Diego Road

Home Society of Florida			Jacksonville, FL. 32207
Contact Name:	Marty Clark	Email:	Marty.clark@chsfl.org
Description of Parenting Class or Classes Provided	Children's Home Society of FL Family Life Education program offers parenting classes for 4 target audiences: <ul style="list-style-type: none"> • Infant Parenting for parents of children ages 0-2 • Asset Building in Children for parents of children ages 2-12 • Attention Deficit Disorder Parent Support Group • Parenting of Teen 		
Curriculum used:	The Nurturing Curriculum, "1,2,3 Magic," FSU Early Learning Curriculum; Children and Adults With Attention Deficit Disorder (CHADD) "Parent to Parent."	Number of Contact Hours:	4-6 hours (Depends on Group)
Cost:	\$50/person for the series ; Children's Home Society clients have no fee.		
Target Audience or Eligibility Requirements	Prevention and Intervention. Also, community clients for the ADHD Parent Support Group.		

Agency	Website	Phone	Address
Cage Consulting	N/A	(904) 502-9190	3009 Marsh Elder Drive South Jacksonville, Florida 32226
Contact Name:	Ronald C. Cage	Email:	cageconsulting@comcast.net
Description of Parenting Class or Classes Provided	<p>Behavior/Self Control- This session talks about the 10 emotions that children have and how parents need to be able to identify each emotion (Pre-School/School Age/Teen)</p> <p>Tools for School- Gives 10 tips on how to make good grades in the classroom (Pre-School/School Age/Teen)</p> <p>Child Growth & Development- This workshop discusses the stages of development of a child as it relates to his or her behavior (Pre-School/School Age/Teen)</p> <p>Punishment vs. Discipline- This workshop talks about the difference between punishment vs. discipline and how to distinguish the appropriate actions to use with your child as it relates to their behavior (Pre-School/School Age/Teen)</p> <p>Fun Family Activities- This workshop talks about the importance of being involved in "fun family" activities with your child and demonstrates what activities you can use. (Pre-School/School Age/Teen)</p> <p>Parenting Counts- This workshop talks about the importance of parent</p>		

	<p>involvement as it relates to children from ages birth to five years old. (Pre-School/School Age/Teen)</p> <p>Parenting Styles- This workshop talks about the “3” styles of parenting and how your “parenting style” is directly related to your child’s behavior</p> <p>Communication Skills- This workshop stresses the important role that parents play in building effective communication skills with their children (Pre-School/School Age/Teen)</p> <p>Bed Time Rituals- This workshop talks about why children, youth & teens need to go to bed at an appropriate time (Pre-School/School/Teen)</p> <p>Father’s Make a Difference- This workshop talks about the important role that father’s play in the lives of their children.</p> <p>Stress Management- This interactive workshop discusses several ways to reduce the stress that’s going on in your life</p> <p>Time Management- This interactive workshop assist parents in learning to Use Their Time Wisely</p> <p>Quality Child Care- This workshop talks about what to look for in choosing a quality child care for your child</p> <p>Fatherhood Development- (120 workshops that are in the curriculum) Active Parenting for Teens (Offered in Summer of 2010)</p>		
Curriculum used:	Fatherhood Development Curriculum/Active Parenting/Systematic Therapeutic Effective Parenting (STEP)	Number of Contact Hours:	1.5 hrs.
Cost:	\$550.00 (0-25 persons) \$1100.00 (26-50 persons)		
Target Audience or Eligibility Requirements	Culturally and Educationally appropriate for all parents or potential parents. The Fatherhood Development workshops are open to men & fathers of all ages.		

Agency	Website	Phone	Address
Duval County Extension Service	http://duval.ifas.ufl.edu	(904) 387-8855	1010 N. McDuff Ave. Jacksonville, FL 32254
Contact Name:	Stephanie Toelle, M.S., CFLE	Email:	stoelle@coj.net

Description of Parenting Class or Classes Provided

All programs are multi-session and offered by request of agencies, libraries, churches, schools, and businesses throughout Jacksonville.

Your Young Child: A seven-session series covering unexplained crying/colic, night waking, separation anxiety, exploration, choosy eaters, toilet training, and discipline. Appropriate for parents of infants and toddlers. University of Illinois Extension

Teening-Up: A 6-session series covering the teen brain, developmental transitions; positive discipline, talking with teens about sex, drugs, and alcohol; anger management, and empowering youth and building assets. A preventive program appropriate for parents of preteens and teens. University of Florida Extension

Active Parenting Now: This 6-session video-based series focuses on qualities of character and success, styles of parenting, self-care of the caregiver, as well as cooperation and communication, responsibility and discipline, understanding and redirecting misbehavior, building courage, character, and self-esteem, and finally parental influence and family meetings. Parents of elementary-aged children.

Parenting the Second Time Around: Now in its third edition from Cornell University Extension, this 8-session series covers feelings about changing roles, children's behavior and effective discipline, rebuilding the family and dealing with grief and loss, negotiating systems and connecting with community resources, legal options, and a special focus on living with teens.

Success and the Single Parent: This 5-session series can be conducted as a class or distributed as a correspondence course. It covers money matters, children's behavior, communication, time management and coping strategies for the single parent. University of Florida Extension

Stepping Stones for Stepfamilies: Participants in this class also receive a 6-part packet to study at home, or the class may be offered fully as a correspondence course. The course covers stepfamily relationship dynamics, building a strong couple relationship, the child's experience, legal and financial matters, and working with others in the community. University of Florida Extension

Family Treasures: Creating Strong Families: Family Treasures is an educational program for the family with late elementary/middle school children. Families will experience the six qualities of strong families (commitment to each other, enjoyable time together, successful management of stress and crisis, positive communication, spiritual well-being, and appreciation and affection for each other) through fun activities together. University of Nebraska Extension

Intentional Harmony: Managing Work and Life This 5-session program is designed to meet the needs of all individuals--single or coupled, parents or not--who are employed and who struggle to create harmony in the contexts of work and personal life. Units focus on balancing work with parenting, your partner, personal health and well-being, extended family and friends. University of Illinois Extension

Stressbusters Stress Management Program: is a 4 ½ hour program addressing coping, physical and mental techniques to relieve stress, and the development of a stress management plan. University of Florida Extension

Relationship Smarts PLUS

This packed curriculum from the Dibble Institute offers guidance to teens on navigating relationships, beginning with self-awareness, a future orientation, and planning, to values identification, goal setting, and peer pressure, then moves into romantic relationships. It teaches ways to deal with break-ups and broken hearts, plus a focus on recognizing disrespectful or abusive relationships.

Before You Tie the Knot: This course meets the requirements of Florida Statue for receiving a \$32.50 discount on your marriage license in Duval County. Completion also waives the 3-day waiting period between license and marriage. Before You Tie the Knot covers communication skills, conflict management, money matters, and parenting/step-parenting. University of Florida Extension

Curriculum used:	Most curricula are from participating universities of the national Cooperative Extension Service, as noted in class descriptions. Others include Relationship Smarts Plus of the Dibble Institute and Active Parenting Now.	Number of Contact Hours:	1-2 hour sessions per week per curriculum
Cost:	free		
Target Audience or Eligibility Requirements	<ul style="list-style-type: none"> • Parents in the Jacksonville community. Focus on prevention strategies. • Children who are late elementary/middle school age included in the Family Treasures program. 		

Agency	Website	Phone	Address	
Healthy Mothers, Healthy Babies coalition of North FL, Inc	www.hmhbcjaxnfl.org	904-854-7100	644 Cesery Blvd Suite 320 Jacksonville, FL 32211	
Contact Name:	Rhonda Dos Santos	Email:	Rsantos@hmhbcjaxnfl.org	
Description of Parenting Class or Classes Provided	<p>Our agency provides basic baby care included in our childbirth classes for expectant parents. We also cover these topics in postpartum discharge rounds at Shands Hospital.</p> <p>Our basic baby care class – includes: diapering, feeding (breast and bottle), sleep patterns, infant safety (car and home and sleeping), Umbilical cord care, bathing, dressing, play time, swaddling, crying, colic, signs of illness, Immunizations, shaken baby syndrome, parenting styles.</p>			
Curriculum used:	Care of the Newborn Curriculum – something we put together internally – approved by the healthy start coalition of northeast Florida.	Number of Contact Hours:	1 hour class	
Cost:	Clients that come from Florida Medicaid, Healthy Start Coalition, or Healthy Families Jacksonville – all receive our services FREE of charge.			
Target Audience or Eligibility Requirements	Anyone can participate			

Agency	Website	Phone	Address
Creating Healthy	N/A	904)	Mailing – P.O. Box 440131

Families, Inc.		778-2507	Jacksonville Florida 32222-0131
Contact Name:	Gail Antoine	Email:	gmrantoin@hotmail.com
Description of Parenting Class or Classes Provided	Parenting Classes using the Nurturing Parenting Curriculum Subjects include: Nurturing Parenting, Choices and Consequences, Owning and Communicating Feelings, Family Morals, Values, and Rules, Praising Children and their Behavior, Personal Power, Discipline Punishment and Rewards, Why Parents Spank their Children		
Curriculum used:	Nurturing Parent	Number of Contact Hours:	4 to 10 sessions
Cost:	No Fee		
Target Audience or Eligibility Requirements	Parents (new parents or parents desiring to improve their parenting skills)		