

## 2015 Parenting and Co-Parenting Classes and other Parent/Child Resources in our Community

Organization/Class	Contact Information	Class Description	Cost
Active Parenting Class	524 N. Tejon, Upstairs COS 80903 Ph.: 201-0887 Janice Black, MSW, LSW	Total of 12 hours over several weeks. Learn non-violent discipline, improve communication, teach responsibility and other important values as well as cope with many difficult topics. Building relationships, developing courage and self-esteem is critical to all types of families.	Call for costs and schedules.
Army Community Service	6303 Wetzel Ave. Bldg. 1526 Ft. Carson, CO 80913 Ph.: 526-4590 MUST CALL AHEAD TO REGISTER!!	Boot Camp for New Dads (1 <sup>st</sup> Tuesday/month) Nurturing Parenting Program Infant Massage class Baby Nurturing (0-18 months) Cooperative Parenting Through Divorce Toddler Time (Thursdays, 9:30 – 11 a.m.) Screen Free Parenting, ACS, 6 sessions (2 <sup>nd</sup> Wed. every mothly. Boot Camp for New Moms (9-11am) (3rd Tues/Month)	Free for Military ID card holders, reservists, retirees and family members
Birth to Three	524 N. Tejon, Upstairs COS 80903 Ph.: 201-0887 Janice Black, MSW, LSW	Learn how to listen, play, and love your baby. Our program is adapted from materials developed Partners in Parenting education. Parents 3 sessions-blocks that are customized to meet your family's needs.	Call for costs and schedules.
CASA	701 S. Cascade Avenue COS 80903 Ph.: 719-447-9898	Supervised Exchange Program (Court Ordered) Supervised Parenting Time (Court Ordered) Children and Families in Transition Class (Ct. Approved Level 1)	Please call for costs and times
Center on Fathering	325 N. El Paso COS 80903 Ph.: 634-7797	15 session "Fathering" course 13-week class for dads with DV - "Nurturing Fathers" 10-week Conflict Resolution for Dads Pro-Dads - Teen-aged dads on probation Weekly Support Group, Monday nights, 5:30-7 p.m. Father's as Providers	\$100 entire course \$100 for course (waived if DHS) \$100 for course (waived if DHS) \$100 Free Free
Centro de la Familia	122 E. Las Animas St. COS 80903 Ph.: 227-9170	SPANISH Nurturing classes (10 sessions on Monday) Support group for men (Wednesdays 5:30-7 pm) (Las Animas) Support group for women (Tuesdays 4-5:30 pm) (Las Animas) Parents of Adolescents (Thursdays 5:30-7:30 pm)	\$35.00 for 10 weeks per family Call for up-to-date prices and locations
Community Partnership for Child Development	2330 Robinson St. COS 80904 Ph: 635-1536 ext. 266	"Becoming a Love and Logic Parent" (6 classes) Make Parenting a Pleasure (5-6 weeks) Incredible Years Program (12-14 weeks)	Free Free Call for costs and availability

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Co-Parenting Program Front Range	3225 Templeton Gap, Ste. 101 COS 80903 Joyce Miller, LPC 719-337-1795 Susan Swank, Psy.D., 719-439-5683	Individual and Joint Sessions available. Weekly Group Sessions and Closing Sessions	Please call for various prices.
Crossroads of Parenting and Divorce	524 N. Tejon St., Upstairs COS 80903 Ph.: 201-0887 Janice Black, MSW, LSW	For separating parents to learn how to: Keep your children out of the middle; allow your child to love both parents; work on your own recovery; develop new communication skills; create a new relationship as co-parents.	Call for costs and schedules.
Empowerment Therapy Center & Working Families	223 N. Wahsatch, Ste. 204 COS 80903 719-329-1900	Comprehensive Domestic Violence Counseling and Classes Services for parents and all ages of children.	Call for costs and schedules.
Family Affairs	<a href="http://www.familyaffairs.com">www.familyaffairs.com</a>	Impact of Divorce on Children (4 hours) Impact of Divorce on Adults (2 hours) Legal Issues and the Rome of Mediation in Divorce (2 hours) Pathways to a New Life (2 hours)	Go to website for details
Family Life Services	Peg Wiederholt 1880 S. Cascade Avenue COS 80905 719-632-4661	Where single families build hope together in a safe and secure environment. 2 year residential program for women, encouragement and professional counseling services for men and women.	Call for all details.
For the Kids	Dr. Marlene Bizub: 622-0844 Janet Jones: 264-6835	Court Approved Level II Class for Parents in Conflict Days and times vary between the providers.	Please call for costs and times.
Kid Power	10 Boulder Crescent, Suite 100 COS 80903 Ph: 520-1311 <a href="mailto:coloradosprings@kidpower.org">coloradosprings@kidpower.org</a>	Comprehensive safety education and confidence-building skills to children ages 4-18 and their families. Kidpower's mission is to teach young people to use their own power to stay safe from abuse, assault and abduction.	Prices vary. Please call for costs.
Kids in Transition	Dr. Marlene Bizub 312 S. Weber, Ste. E COS 80903 Ph: 622-0844	Education for kids whose families are in transition Created for children to compliment the class for adults: Children and Families in Transition.	Please call for costs
KPC Respite Center/ Family Connections	2503 Holiday Lane COS 80909 Ph: 634-5439	Crisis Prevention Child Care Center	Free

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Memorial Hospital	5360 N. Academy, Ste 220	Boot Camp for New Dads (3 hour class, Sat. am)	\$40
	COS 80918	“Love and Logic” Newborn to age 11 (3 weeks, Tuesdays 6-8 pm)	\$50 per couple
	Ph.: 444-2273 (Dial 3)	Car seat Safety Class (1 <sup>st</sup> Monday of every other month 6:30-9pm)	Free
		Newborn Care Plus (Tues & Thu. 6-8:30pm or Sat. 9 am-2:30 pm)	\$40.00 per couple
Peak Parent Center	611 N. Weber, Ste. 200 COS 80903 719-531-9400 www.PEAKparent.org	Children with Disabilities Resource Center	Call for Prices
Peak Vista Community Health Centers	340 Printers Parkway COS 80910 Ph: 344-6639	First Visitor volunteer home support for families who are pregnant and/or have children under the age of 3 years old. Gifts for children are included. (English and Spanish clients welcome!)	Free, please call for times.
Therapeutic Arena	4251 Date Street COS 80917 Scott Pilcher 719-649-8999	Supervised Exchanges Supervised Visits (Masters Level Supervisors) Interactive Visits (Level II) Therapeutic Visits (Level III) Reintegration Therapy	Please call for costs, dates and times.