

Thrive update



*Enhance Inspire
Inform healthy kids make smarter students*

Volume 3 | Issue 1

SEPTEMBER 2010

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Also attached:

PEN Calendar of Events

BV22 Parenting Lecture Series

Foothills Parenting Center "Love and Logic" classes

>> Parent Engagement Remains Key to Student Success

By every measure, the Boulder Valley School District performs among Colorado's top school districts academically. While I acknowledge the role of students, teachers, and administrators, the high level of BVSD parent engagement is also responsible for our student success. Research reinforces that the personal life choices made by our young people are most influenced by the guidance of us, their parents.

I view as critically important the collaborative efforts in support of BVSD parents and guardians on emotional health and well-being issues and academic performance. To make access to information easier for parents and guardians, BVSD works in partnership with the Boulder County Healthy Youth Alliance (HYA), our Parent Engagement Network (PEN), Boulder Psychological Services (BPS) and other community groups to develop a range of resources under the **Thrive** umbrella, including this monthly **Thrive Update** e-newsletter, and the **Thrive Handbook** now completing its second revision.

BVSD has long partnered with BPS on the free **Pathways to Parenting Success** lecture series. As a new outreach tool in this area, BVSD and BPS are planning to bring the Pathways to Parenting to its Comcast educational access station, BV22.

This program, hosted by respected Boulder psychologist Jan Hittelman, will reach more parents with important information on emotional health and wellness issues. You will be able to submit questions live for panelists via the internet or in person. These programs will also be rebroadcast and available online to view at your convenience.

The first presentation will be on communication: "How to Talk So Your Child Will Listen" on Monday, October 4, from 7:00-8:30 p.m. Join our live audience in the BVSD Board Room (6500 Arapahoe, Boulder) or watch it on Channel 22. Please go to BoulderPsychologicalServices.com or www.bvsd.org for further information.

Please also read this and future **Thrive Update** monthly e-newsletters sent to you through your child's school. The content is developed with community agencies, nonprofits, professional associations and others to provide you with current, research-based information to support your parenting efforts. Each **Thrive Update** either highlights or complements information and resources in the revised **Thrive Handbook** which will be published and distributed this fall.

As we partner to serve your children's learning and social development, I encourage parent feedback. I can be reached at either superintendent@bvsd.org or 720-561-5100. I wish all BVSD families a successful and fulfilling 2010-2011 school year.

by Chris King
BVSD Superintendent

>> School Food Project

My name is Ann Cooper. As Director of Nutrition Services, I'd like to tell you about the exciting changes taking place this year in school cafeterias throughout BVSD.

As part of our continued improvement efforts, we have reorganized the Nutrition Services department into five regional kitchens headed by chefs to bring the quality of our products and cooking methods to an even higher level. Look for new entrees, more menu variety, improved recipes, scratch-cooked pizza, and more side dish choices for your kids.

Our salad bars will continue to feature farm-fresh local produce such as apples and peaches from Western Slope farms. Tabouli and brown rice salad have been added to the salad bar rotation, bringing your students even more choices for making a complete, healthy meal.

Look for reusable utensils, cups, plates, bowls, and trays in all elementary and K-8 schools – no more disposable products! The plan is to build on our success with the younger kids and then gradually move the reusable program into the secondary schools.

We continue our quest to completely eliminate all highly processed foods, partially hydrogenated oils, high fructose corn syrup, refined sugar and flour, chemicals, dyes and food additives from our menu.

Once again we will serve regional, organic milk and whole-grain baked products. Procurement of local products remains high on our priority list.

All schools will continue serving both breakfast and lunch every day of the week. Meal prices will remain the same as last year: \$2.75 for elementary students, \$3.00 for secondary students, and \$3.75 for adults.

Thank you in advance for your continued support. Know that encouraging your children to eat school breakfast and school lunch helps to both assure their health and academic abilities as well as sustain the program.

I have really enjoyed establishing roots here in the BoulderValley community. I look forward to working in partnership with you in providing all children of BVSD daily access to fresh, flavorful and nutritious food made with wholesome and, when possible, local ingredients, so that every child may thrive.

Please don't hesitate to contact me if there's anything I can do to help – my direct number is 720.561.6131, or email me at ann.cooper@bvsd.org.

by Ann Cooper
Director of Nutrition Services - BVSD



>> How to apply for free or reduced price meals

BoulderValley School District offers healthy meals every school day and families may qualify to receive free or reduced price meals based on income eligibility. Families automatically qualify if they receive SNAP benefits, and most foster children qualify, regardless of your income. Applications are located at any of our BoulderValley schools or in the Nutrition Services Office located at 6500 Arapahoe, Boulder CO 80301.

Once you child qualifies for free or reduced price meals based on income eligibility, you must notify the Nutrition Services office if your household size decreases or your income goes up by more than \$50 per month. If you lose your job, your children may be temporarily qualified for free or reduced price meals during the time you are unemployed.

The information on the free and reduced price application is used by Nutrition Services only to decide if your children are eligible to receive free and reduced price meals. The information cannot be released to any other program unless an Information Release is signed.

If you have questions or need help, please feel free to contact Becky Delaney, Free and Reduced Lunch Specialist, at becky.delaney@bvsd.org or 720-561-5942.

>> Parenting Today with Dr. J

Over the last several years, many professionals in our community have discussed the effects of sleep deprivation on high school students. Adolescents are usually sleep deprived for two reasons—increased metabolic rates that make it difficult for teens to get to sleep until 11 p.m. on average and early start times for high school. Research indicates that adolescents typically require 9+ hours of sleep each night. Sleep deprivation negatively impacts school performance, as well as physical and emotional well-being. There's also an increased risk of accidents, which are the number one cause of death for teens. Not to mention how difficult the "morning routine" can be when adolescents are literally too tired to wake up.

While we cannot do much about their metabolic rate, we can do something about school start times. Many school districts across the country have shifted to a later start time and have seen a multitude of benefits.

In December of 2009, BVSD formed a committee to look at this issue. They subsequently submitted their recommendation to Superintendent Chris King. According to Dr. Rhonda Haniford, Centaurus High School Principal and committee co-facilitator, "The district's position is that they are supportive of principals exercising flexibility. They support schedules that allow students to start later." While this falls shy of changing the start time throughout the district, it does provide students and families with the opportunity to request a later start time from their local high school principal. In other words, it's a start.

If enough parents opt for the later start time, one day we may see all of our adolescents finally benefiting from a good night's sleep.

Here are a few ways that you can help your teen get a healthy night's sleep:

- Contact your local high school principal now to find out if your school will be offering this option.
- Minimize caffeine products like coffee, tea, soda, and chocolate, especially later in the day.
- Consider moving electronics out of the bedroom (TV, computer, cell phone, iPod, etc.) or agreeing on shutting everything off by a certain time.
- Avoid eating, drinking, and exercise within a few hours of bedtime.
- Encourage completion of homework earlier in the day.

For more information: www.sleepfoundation.org

Dr. Jan Hittelman, a licensed psychologist, is Director of Boulder Psychological Services and the Founder of the Boulder Counseling Cooperative. Questions or comments for this monthly column can be sent via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270

>> Immunization requirements for students of BVSD

ALL students entering BVSD schools must show proof of immunization status upon registration. (Be sure to read footnotes below.)

Preschool

- 4 DTaP (diphtheria, tetanus, pertussis)
- 3 Polio
- 1-3 Hib (H. Influenza type B)
- 1 MMR (Measles/Mumps/Rubella)
- 3 Hepatitis B
- 1 Varicella (chicken pox)^a

Kindergarten through 12th Grades

- 4 -5 DTaP^b
- 3 -4 Polio^b
- Hib: No requirement
- 2 MMR (Measles/Mumps/Rubella)
- 3 Hepatitis B^c
- 1-2 Varicella (chicken pox)^a
(2 required for K-3rd grade; 1 required for 4th -10th grades)
- 1 Tdap (6th-12th grades only)

Medical, religious, personal exemptions and proof of immunity are allowed in Colorado. Parental and/or physician signatures are required.

Vaccinations may be obtained from your physician or health care provider and many insurance plans pay for immunizations. Check with your insurance company representative to see what your coverage is.

Boulder County and Broomfield County Health Departments offer low cost immunizations at the three clinics listed below for families with limited medical funds or if access to obtain vaccines to meet requirements is needed:

Boulder Clinic Site

<http://www.bouldercounty.org/health/hpeliz/clinicinformation.htm>

3482 N. Broadway (Sundquist Building Site) Boulder, CO - 303-413-7500

Wednesday: 1:00 to 6:45 p.m.

Longmont Clinic Site

<http://www.bouldercounty.org/health/hpeliz/clinicinformation.htm>

529 Coffman St. (Second floor) Longmont, CO - 303-678-6166

Monday: 1:00 to 6:45 p.m.

Broomfield Clinic Site

http://www.broomfield.org/hhs/Public_Health_Environment/clinics_nursing/Immunizations.shtml

6 Garden Center - Broomfield, CO - 720-887-2200

Tues/Thurs: 9:00 a.m. to 4:30 p.m. (Closed over the noon hour) Wednesdays: 8:30 to 11:30 a.m.

For additional information about immunizations, please visit the Boulder County Public Health Department's website at <http://www.bouldercounty.org/health/> or email BVSD Health Services at Alpha.Sorter@bvsd.org.

(a) A laboratory test showing immunity or a disease history from a health care provider only is acceptable.

(b) Number of doses varies, depending on the age when child received vaccination. For DTaP and Polio, the higher number of doses is required for students new to Colorado schools.

(c) Hepatitis B – Students age 11-15: One brand of vaccine requires only a two dose series. Proper documentation is acceptable with brand name, dose and dates.

>> The YMCA and BVSD are Proud Partners

The Y is proud to collaborate with BVSD teachers, students and parents in the Boulder Valley community. With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in the Boulder Valley community, the Y has the long-standing relationships and physical presence not just to promise, but to deliver; lasting personal and social change.

Though the world may be unpredictable, one thing remains certain – The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. We offer financial assistance to those that qualify for both membership to the Y and for programs. No one is turned away from the Y due to inability to pay.

The four values of the Y that are taught throughout our program offerings include:

Caring: Show a sincere concern for others

Honesty: Be truthful in what you say and do

Respect: Follow the golden rule

Responsibility: Be accountable for your promises and actions



Programs that the YMCA of Boulder Valley offers include:

- Before and After School programs in select BVSD elementary schools offering care for kids in K-5 during those critical hours
- Youth Sports programs include both team and individual sports
- Skateboarding and Y Riders cycling programs
- Ice programs in our ice rink, including hockey, figure and learn to skate
- Teen programs for kids in middle and high schools, including a free BreakThrough Arts program and school day off activities
- Middle school girls program
- Preschool enrichment programs
- Aquatics programs including swim lessons, water exercise and swim/dive teams
- Summer Camps
- Health and Fitness programs for all ages
- And so much more

For more information on programs at the YMCA, please contact one of our two locations in Boulder County:

Arapahoe Center: 95th & Arapahoe, Lafayette 303-664-5455

Mapleton Center: 28th & Mapleton, Boulder 303-442-2778

www.ymcabv.org

by Susan Coker
YMCA of Boulder Valley

>>Calendar of Classes & Events

SEPTEMBER 2010

“How are All the Children?” 9th Annual PEN Kick-off

Wednesday, September 15, 7:00 - 9:00 p.m.

Youth Response to the 2009 Youth Risk Behavior Survey (YRBS) Results

Welcome: **Dr. Chris King**, Superintendent of BVSD

Facilitated By: **Dr. Jan Hittelman**, Boulder Psychological Services

BVSD Education Center, 6500 East Arapahoe Road, Boulder

Pathways to Parenting Success:

Twelve Ways to Becoming a SuperParent

This interactive and free workshop will teach you how to develop your parenting superpowers! **Monday, September 27, 7:00-8:30 p.m.**

Meadows Branch Library, 4800 Baseline Road (behind Safeway)

Facilitator: **Dr. Jan Hittelman**, Boulder Psychological Services

Visit BoulderPsychologicalServices.com for more information.

Pathways to Parenting Success:

How to Talk So Your Child Will Listen

Monday, October 4, 7:00 - 8:30 p.m.

Learn effective communication strategies that will reduce conflict and enhance the parent/child relationship.

Moderator: **Dr. Jan Hittelman**, Boulder Psychological Services

Panelists: **Marcela Ot'alara**, LPC, **Dr. Trevor Graham**, **Dan Fox**, LPC,

Susan Dennison, LCSW

BVSD Board Room (6500 Arapahoe, Boulder) and simulcast on Comcast Cable Channel 22

For more information: www.BoulderPsychologicalServices.com

If you have an item that might be of interest to parents in BVSD, we welcome you to submit it for consideration to be included in the Thrive Update Calendar of Classes and Events. Here are our submission guidelines:

■ Calendar items must relate to the mission of Thrive Update: *To empower families through scientifically valid knowledge to support healthy youth development.*

■ Calendar items are due by the 1st of each month for the following month's issue.

■ Calendar items must follow this format: topic/title, speaker (if applicable), day of week, date, time, location (with address), short description, cost (if any), and contact info.

THRIVEupdate for BVSD Parents

Published by BVSD
Written by local Boulder
experts and parents

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Look for us on the web!
www.bvsd.com

“Creating a Caring, Connected, Safe Community in Partnership with all Adults & Youth”

2010-11 Community Conversations

Wednesday September 15 Evening	7-9pm BVSD Ed Center	“How are All the Children?” 9 th Annual PEN Kick-off Celebration of PEN’s 9 th year, PEN and Youth Response to the 2009 Youth Risk Behavior Survey (YRBS) Results	Welcome: Chris King, BVSD Superintendent Facilitator, Dr. Jan Hittelman, Boulder Psychological Services (BPS) BVSD Peer Educators and Community Youth www.boulderpsychologicalservices.com
Wednesday October 20 Evening	6:30-8:30pm Louisville Middle School \$ Donation	Secrets to Success in Parenting Your Teen Community Presentation	Sue Blaney National Presenter and author, <i>Please Stop the Rollercoaster: How Parents of Teens Can Smooth Out the Ride</i> www.pleasestoptherollercoaster.com
Thursday October 21 Morning	9am-12pm BVSD Ed Center \$ Cost	“One-On-One Workshop with Sue Blaney!” The YOU Factor-Parenting Our Kids with Conviction, Communication and Love RSVP Required	
Wednesday October 27	6:30-8:00pm Louisville Middle School Library	Please Stop the Rollercoaster Parent Book Group Kick-off informational meeting - sign up for your book group today!	Hosted by PEN Book Group Coordinator, Fawnda Hathaway, fawnda@comcast.net
Tuesday November 9 Evening	6:30-8:30pm Sanchez Elementary	“It Takes A Village” How Parents Can Take the Assets Message to Increase Strength in their Kids, Families, and Community Presentation in English and Spanish	Patsy Roybal, Parent Engagement Director Denver Public Schools Featuring Indigenas Flores patsyjr@aol.com
Thursday December 9 Evening	6:30-8:30pm Lafayette Library	Celebrate Parenting in a World of Diversity Comprehensive view of parents, youth and resources in Boulder Valley Presentation in English and Spanish	Eugenia Brady Parent Involvement Specialist BVSD Panelists showcasing uniqueness of parenting eugeniabradyl@bvds.org
Monday January 10 Evening	7pm-8:30 pm BVSD Ed Center	“You-Twit-Face!” How Parents can Embrace the World of Technology	Jennifer Korb President, Internet Safety Foundation Collaboration with BPS and Ch. 22 Simulcast on TV www.internetsafetycolorado.org
Monday February 14 Morning	9-11 am Lafayette Library	“Put Your Oxygen Mask on First!” Ways to Practice Self-Care A Gift to Parents on Valentines Day	Amy Robertson LCSW Michelle Frieswyk Johnson LPC amyrobertson@comcast.net
Wednesday March 9 Evening	6:30-8:30 pm Naropa Shambhala Center	<i>Soul of Parenting</i> <i>In memoriam to Rachael Kessler, author of the</i> <i>ground-breaking book, Soul of Education</i> <i>Practical Skills for engaging four areas of parenting:</i> <i>heart, discipline, presence, and emotional range</i>	PassageWorks Institute Faculty presenters: Batya Greenwald Laura Weaver www.passageworks.org
Thursday April 28 Evening	6:30-8:30pm Fairview \$ Donation	<i>Get Real, Girls</i> <i>Featured on Oprah and the Today Show, Renowned</i> <i>presenter and author Rachel Simmons will provide</i> <i>insights framed from her bestselling books, Odd Girl</i> <i>Out and Curse of the Good Girl</i>	Rachel Simmons National Presenter and author, “Odd Girl Out” and “Curse of the Good Girl” www.girlsleadership.org
May	To be announced	9 th Annual PEN Celebration	Celebrating 9 years of PEN growth and accomplishment! www.parentengagementnetwork.org

PEN Community Conversations:

- *Interactive *Networking before and after events* Build Relationships and Networks of Communication
- *Engage parents, youth, families, and community members to increase parent skills and resiliency in youth
- *Provide Research-based information and best practices on preventing high risk behavior

Questions: Contact Kathy Valentine, PEN Calendar Chair, valstone2@hotmail.com or 303-810-6456

www.parentengagementnetwork.org

NEW this year, a free parenting series broadcast live on BV22!

Join local experts as they discuss important parenting topics and answer your questions live, during the broadcast. Join the live audience in the BVSD Board Room (6500 Arapahoe, Boulder) or watch it on Comcast Cable channel 22 (in Boulder County). These parenting talks will also be available on the BVSD website at <http://bvsd.org/BV22/Pages/BV22Videos.aspx>.

BVSD/CHANNEL 22 SERIES

Mon. October 4

How to Talk So Your Child Will Listen

Learn effective communication strategies that will reduce conflict & enhance the parent child relationship.

Moderator: *Dr. Jan Hittelman*

Panelists: *Marcela Ot'alora, LPC, Dr. Trevor Graham, Dan Fox, LPC, Susan Denison, LCSW*

Mon. November 1

ADHD: Diagnosis, Challenges and Treatment

Learn how ADHD is properly diagnosed, impacts those who are challenged by it, and effective ways to treat this challenging disorder.

Moderator: *Leisha Conners Bauer*

Panelists: *Dr. Wyatt Fisher, Dr. Jan Hittelman, Elizabeth Matthews, LPC, Dr. Leland Johnston*

Mon. December 6

Developing Self-Esteem in Your Child

How to help their child feel and become successful in life

Moderator: *Dr. Jan Hittelman*

Panelists: *Harmony Barrett Isaacs, LPC, Ann Kloos, LCSW, CACII, Jeffrey Kuhn, LCSW, Craig Revord, LPC*

Mon. January 10, 2011

PEN Event: "You-Twit-Face!"

How Parents can embrace the world of technology

Presenter: *Jennifer Korb,*

President, Internet Safety Foundation

www.internetsafetycolorado.org

Mon. February 7, 2011

HOPE Event: Successfully Navigating Depression and Suicide

Lifting the Veil; A Journey of Hope & Empowerment

www.BoulderHope.org

Mon. March 7, 2011

Secrets to Effective Parenting

Learn about the most effective parenting strategies

Moderator: *Dr. Jan Hittelman*

Panelists: *Susan Denison, LCSW, Jeffrey Kuhn, LCSW, Elizabeth Matthews, LPC, Karen Wilding, LCSW*

Mon. April 4, 2011

Protecting Your Child From Risky Behaviors

Experimentation, impulsivity, and underdeveloped decision-making skills; learn how to help your child stay safe

Moderator: *Dr. Jan Hittelman*

Panelists: *Lauri Benblatt, LPC, Leisha Conners Bauer, Linda Cain, MSED, Jeremy Dion, LPC*

Mon. May 2, 2011

Como navegar el sistema escolar:

Informacion para los padres Latinos sobre el sistema educativo y como ser parte de la educacion de sus hijos.

How to navigate the school system:

An informative discussion regarding most asked questions Latino parents have about the way the school system works and how they can be a part of their children's education.)

Moderator: *Eugenia Brady*

Panelists: *Perla Delgado, Richard Garcia, Marcela Ot'alora, LPC*

Foothills Parenting Classes

Fall 2010

Are you ready to put the fun back into parenting?
Looking for simple and practical skills that can be used immediately?

Add more tools to your parenting tool kit!

Becoming a Love and Logic Parent®

Sept. 25 - Oct. 16 (four Saturdays) 1:00–4:00 pm

Dream Makers Preschool
In central Boulder at about Taft and 28th St.
(please call for directions)
Instructor: Cyndi Goldfarb, MS, LCCE

Oct. 4 - Nov. 1 (Mondays) 6:30–9:00 pm

Bear Creek Elementary School
2500 Table Mesa Drive, Boulder, CO
Instructor: Cyndi Goldfarb, MS, LCCE

Oct. 5 - Nov. 16 (Tuesdays) 6:30–9:00 pm
(No class Nov. 2)

Dreamcatcher Direct Instruction Centers
5440 Conestoga Ct.
(just NW of 55th & Arapahoe), Boulder, CO
Instructor: Stephanie Bryan, LCSW, CAC III

Oct. 26 - Nov. 30 (Tuesdays) 6:30–9:00 pm
(No class Nov. 23)

Kohl Elementary School
1000 West 10th Avenue, Broomfield, CO
Instructor: Cyndi Goldfarb, MS, LCCE

Oct. 27 - Dec. 8 (Wednesdays) 6:00–8:30 pm
(No class Nov. 24)

Louisville Recreation Center
900 Via Appia, Louisville, CO
Instructor: Sheryl Schwabe, MSW, CAC III

REAL Parenting®

(A Parent & Teen Workshop, taught simultaneously)

REAL Parenting® Class for Parents

Success Principles for Teens

(Interactive class: Parents will learn skills to connect and stay connected to their teens. Teens will acquire skills to help them reach their full potential.)

Oct. 11 - Nov. 8 (Mondays) 6:15–9:00 pm

Dreamcatcher Direct Instruction Center
5440 Conestoga Ct.,
(just NW of 55th & Arapahoe), Boulder
Instructors:
Stephanie Bryan, LCSW, CAC III
Mary Lynne Fernandez, MA

Siblings Without Rivalry™

Nov. 30, 2010 - Jan. 18, 2011 (Tuesdays) 6:30–9:00 pm
(No class Dec. 21, 28)

REAL Parenting Office
1530 55th Street, Boulder
Instructor: Stephanie Bryan, LCSW, CAC III

Costs and Childcare

Childcare is available for classes at the Parenting Place and Lyons Community Montessori.
Call the instructors to register, for pricing information, including price breaks for couples, and/or available scholarships.

www.FoothillsParentingClasses.com

Love and Logic Early Childhood

Parenting Made Fun!®

Sept. 22 - Oct. 20 (Wednesdays) 6:00–8:30 pm

Louisville Recreation Center
900 Via Appia, Louisville
Instructor: Sheryl Schwabe, MSW, CAC III

Sept. 27 - Oct. 25 (Mondays) 9:00–11:30 am

REAL Parenting Office
1530 55th Street, Boulder
Instructor: Stephanie Bryan, LCSW, CAC III

Sept. 29 - Oct. 27 (Wednesdays) 6:00–8:15 pm
(childcare available)

Lyons Community Montessori, Lyons, CO
(address provided at time of registration)
Instructor: Cyndi Goldfarb, MS, LCCE

Oct. 2 - Oct. 30 (Saturdays) 10:00am–12:30 pm
(childcare available)

Parenting Place
1235-A Pine St., Boulder, CO
Instructor: Sheryl Schwabe, MSW, CAC III

Nov. 7 - Dec. 5 (four Sundays) 1:00–4:00 pm
(No class Nov. 28)

Dream Makers Preschool
In central Boulder near Taft and 28th St.
(call for directions)
Instructor: Cyndi Goldfarb, MS, LCCE

Nov. 29, 2010 - Jan. 17, 2011 (Mondays) 6:30–9 pm
(No classes Dec. 20, 27, Jan. 3)

Dreamcatcher Direct Instruction Centers
5440 Conestoga Ct.
(just NW of 55th & Arapahoe), Boulder, CO
Instructor: Stephanie Bryan, LCSW, CAC III

Nov. 30, 2010 - Jan. 18, 2011 (Mondays) 9:20–11:50 am
(No classes Dec. 21, 28, Jan. 4)

REAL Parenting Office
1530 55th Street, Boulder
Instructor: Stephanie Bryan, LCSW, CAC III

Instructors

Stephanie Bryan, LCSW, CAC III
(303) 397-0646 or www.REALparenting.net
Cyndi Goldfarb, MS, LCCE
(303) 494-8373 or cyndi@boulderparentingclasses.com
Marinela Maneiro, MA
(303) 819-7606 or amorylogica@yahoo.com
Sheryl Schwabe, MSW, CAC III
(303) 520-6803 or sschwabe@comcast.net

Active Parenting for Stepfamilies™

Next class February 2011
Instructor: Stephanie Bryan, LCSW, CAC III

Creating a class at your location

If you are interested in forming a class at your school or community, please contact Cyndi Goldfarb.