



Parenting Toolkit Classes

Parenting Education Services for Foster, Kinship, and Adoptive Parents

Trauma, Attachment and Parenting

This class will address taking care of a child who has experienced trauma, abuse, neglect, and other disruptions throughout their lives. We will talk about the basics of trauma and brain development, understanding attachment and bonding, and how to be the most effective parent in working with traumatized children. The class will include lecture and discussion over the course of 3 sessions.

- ❖ Trauma, Attachment and Parenting for Adoptive and Kinship Parents
March 3, 10, and 17 Wednesday Evenings from 6:30 to 8:30pm
- ❖ Trauma, Attachment and Parenting for Foster and Foster to Adopt Parents
February 3, 10, and 17 Wednesday Evenings from 6:30 to 8:30pm
February 13th Saturday 9am until 2pm (We will do Saturday or Wednesday Nights for this class depending on enrollment)

A Parenting Toolkit

A Parenting Toolkit is a series of 3 classes that informs parents about the multiple needs of their children. This class is a general class that is open to parents of different aged children and different types of parents (i.e. adoptive, foster, or kin). We will discuss: Mental Health Information, Child Development, Trauma, Sexuality, Placement Changes and Visitations, and How to Take Care of Yourself.

- ❖ Parenting Toolkit Classes for Adoptive and Kinship Parents
May 8th Saturday 9am until 2pm
- ❖ Parenting Toolkit Classes for Foster Parents
April 17th Saturday 9am until 2pm

Location: Class location will be decided based on interest.

North - 7878 N. Wadsworth Ave. Suite 100 Arvada Jefferson Center for Mental Health

South – 9200 W. Cross Drive #421 Littleton 80123 Jefferson Center for Mental Health

Custom Class: If you have a group of 10 or more parents that need a class, please contact me and we can customize it to your group, location, and time. We just need a guaranteed 10 parents to be in the class! Please contact Ann Obermann if you would be interested in a morning time class.

Child Care: We will partner with you to provide options for child care. Please let us know if you are in need of child care as we need to plan ahead for numbers.

Eligibility: Foster, Adoptive, and Kinship Parents caring for a child with Jefferson County Medicaid. You can be a new, old, or a contemplating parent. Please call with questions.

RSVP: Ann Obermann LCSW (303)432-5292