

Our classes are designed to build community and support for foster, kin, and adoptive parents while learning about the mental health issues facing children and families in care.



Jefferson Center  
for mental health

9898 W. Colfax  
Lakewood, Colorado

Phone: 303-425-0300  
Fax: 303-432-5260  
[www.jcmh.org](http://www.jcmh.org)



Jefferson Center  
for mental health



# A Parenting Toolkit

*Support and Education  
for Foster Care, Kin  
and Adoptive Parents*



# Building Hope Changing Lives Strengthening Community

Children and youth in foster care often have complex needs. At Jefferson Center for Mental Health, we understand how challenging and sometimes bewildering it can be to provide an environment where everyone can be successful and thrive.

The Parenting Toolkit Classes at Jefferson Center for Mental Health are small groups that provide support, training and consultation on mental health and behavioral issues facing children involved in the child welfare system.

The classes provide support for foster, kin, and adoptive parents who want more education about mental health and help with raising healthy children and youth. Each class is a 2 hour training session with the first hour for lecture and the second hour for consultation and conversation about specific mental health or behavioral issues that you find challenging.

## 2 Hour Classes

### **Mental Health 101**

The basics on Mental Health and how it affects your children.

### **When Kids Move**

How to minimize stress for you and your child when placement changes.

### **Child and Adolescent Sexuality**

Learn about normal and abnormal sexuality and how to nurture and protect your children.

### **How to Navigate Child Development and Survive**

Learn how to see your child through developmental stages and how this affects your parenting.

### **Trauma and Children**

Learn about the effects of trauma on children and how to create safety in your home and community.

### **How to Survive and Have Fun at the Same Time!**

Taking care of yourself and your family!

### **Build Your Own Class!**

Do you have questions or concerns in regard to mental health? Create a class and we will teach it for you!



*Call to schedule one of the classes and find out more. Or, get a group of care takers together, chose a class or a series of classes and we'll select a community location and time convenient for you! We are here to support you and your children!*

**Contact Ann Obermann  
303-432-5292**