



Because no two families are the same...

Parent Solutions

www.PS-CA.com

Parenting Without Violence

Explanation of service: This is a class setting. The class may be co-ed. We also offer the class curriculum on a flexible schedule for privacy and to address individual situations. The parenting without violence class is designed to address multi-levels of violence. This curriculum addresses violence through a parent's and child's perspective and the affects on the family. While learning about the consequences of violence, participants will learn coping skills and different approaches that satisfies the family as a unit. This course is 16 weeks in length and can be modified to accommodate most requests (8 and 12 weeks). A certificate is available upon completion and is recognized by the court.

How this works: These new approaches often include the parent learning a new pattern of communication, age-appropriate discipline, compromise, and identify self-triggers. This service is curriculum based that covers the following:

- Desensitization
- Domestic Violence Awareness
- Youngest Victims
- Communication / Connection Building
- Healthy Relationships / Balancing Power
- Triggers for Violence
- Adult relationships
- Cycles of Abuse
- Thoughts vs Feelings

66 first St. #6
Gilroy, Ca. 95020

1132 McKendrie St
San Jose, Ca. 95126
408-292-4357



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- Developmental Stages of Children
- Setting Rules
- Discipline vs punishment
- Family Unity
- Resolving Tension
- Hard Times
- Checking Your Values

Schedule: Mondays at 6 P.M.- 7 P.M., Tuesdays at 7:30 P.M.- 8:30 P.M. Class is currently held through a computer application like Zoom. Days, afternoons, and evenings available when course is done on in individual basis in Gilroy, San Jose and via Telehealth.

Cost: \$50 per week with a total of \$800

Make-up Class: \$115 (\$65 make up fee plus the cost of the class \$50) You can only miss **one** class. If more than one class is missed or the missed class is not made up within 2 weeks, you will have to start from the beginning.

Language: English

Availability to begin service: Class is ongoing. May enroll at any time.

Required to enroll:

- Provide the most current court order and the order for service if any.
- Attorney information if applicable.
- Complete and return all forms along with a copy of a valid ID/Drivers License
- Provide retainer if applicable.

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