Denver Children’s Home is the oldest nonprofit in Colorado and has provided a comprehensive array of therapeutic services to support the region’s most vulnerable children and families for over 140 years. Our Community-Based team of clinicians and bilingual outreach staff are mobile, bringing expertise to parents and caregivers who could benefit from additional support, education and resources.

Please contact Aylen Alfaro, Bilingual Community Based Case Manager at (303)-399-4890 x262 or Candice Bataille, MNM at 303-399-4890 x251 with questions or to discuss offering one of the following workshops at your site.

**The Dynamics of Discipline**

**Workshop Objective:** Caregivers will understand the benefits of positive behavior support and how to implement interventions to reduce negative behaviors and conflict.

**Topics include:** Building a positive parenting toolbox of practical interventions, exploring the root of common conflicts, reframing expectations and staying consistent with limits.

**Positive Communication**

**Workshop Objective:** Parents will understand the communication styles of everyone in the home and how to promote loving interactions while still enforcing expectations and limits.

**Topics include:** Exploring different styles of communication, identifying how you and your family communicate affection, active listening, reframing and modeling “I” statements.

**Child Development and Parenting**

**Workshop Objective:** Parents will understand typical child development and how supportive, confident parenting can promote positive outcomes at any age.

**Topics include:** Erikson’s ages and stages of healthy child development, types of parenting styles and their influence on development, love and support that every child needs.

**Healthy Relationships**

**Workshop Objective:** Parents will understand the importance of their relationship with their children, activities that can promote secure attachment and the benefits of secure relationships as children develop.

**Topics include:** Defining the different types of attachment, how to promote healthy attachment and integrate activities that strengthen relationships, exploring the relationship between parenting/discipline styles and attachment.

**Positive Sibling Relationships**

**Workshop Objective:** Parents will understand sibling conflict as developmentally appropriate, gain skills to diffuse situations and encourage healthy negotiation of disagreements, and promote positive relationships between parents and siblings.

**Topics include:** Explanation of why siblings experience conflict, preventative strategies to help avoid conflict between siblings, how to build relationships and resources in the home, what to do when conflict occurs.

**Stress, Crisis and Self-Care**

**Workshop Objective:** Parents will understand the stress cycle, appropriate interventions at different stages, and the importance of self-care and stress management as it relates to parenting.

**Topics include:** Identifying triggers, exploring the stress cycle and how to use CBT (cognitive behavior therapy) techniques to manage stress, emphasizing the importance of self-care.

**Trauma and the Brain**

**Workshop Objective:** Parents will understand the effect trauma can have on the brain of a child and how it impacts their development, how to relate to and parent a child with trauma, and identify the signs of secondary trauma.

**Topics include:** Defining trauma and how the effects can manifest in behavior, overview of typical and traumatized brain development, treatments and support available for families who have experienced trauma.
2017 Workshop Offerings

Understanding Children within their Systems

Workshop Objective: Participants will gain a greater understanding of the contexts of your client's lives and how their day to day interactions with their “ecosystems” impact them. Ecological Systems theory is a way of understanding the way an individual interacts with and is affected by their local community and wider society.

Topics include: A brief overview of how trauma on any level of the ecosystem can influence the child, exploration into the many systems, including family, school, and community, which affect the individuals we work with.