Parent & Child Resources

General Parenting Resources

1. Parenting the Modern Family: Helping Modern Parents Solve Today’s Tough Parenting Challenges – Even The Complicated Ones
   • http://www.parentingthemodernfamily.com
2. Self-Motivation Success Academy: Online web course to help unlock your child’s true potential
   • https://self-motivationsuccessacademy.com

Behavior Management and Disruptive Behaviors

Books and Media

1. How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber & Elaine Mazlish
2. The Kazdin Method for Parenting the Defiant Child by Alan Kazdin, PhD
3. Taking Charge of ADHD by Russell Barkley, MD
4. 1-2-3 Magic by: Effective Discipline for Children 2-12 by Thomas Phelan, PhD
5. No-Drama Discipline by Daniel Siegel, MD and Tina Payne Bryson, PhD
6. The Whole-Brain Child by Daniel Siegel, MD and Tina Payne Bryson, PhD
7. Article: 6 Ways To Keep Your Kid From Cursing
   • https://www.today.com/parents/6-ways-keep-your-kid-cursing-wbna43678114

Bullying

Psychoeducation

1. StopBullying.org
   • Facts About Bullying:
     • https://www.stopbullying.gov/media/facts/index.html
   • What Kids Can Do:
     • https://www.stopbullying.gov/kids/what-you-can-do/index.html
   • California Anti-Bullying Laws and Policies
     • https://www.stopbullying.gov/laws/california/index.html
2. Child Mind Institute
   • Bullying
     • https://childmind.org/topics/concerns/bullying/
3. Kids Health
   • Bullying
     • https://kidshealth.org/en/teens/bullies.html
4. American Psychological Association
   • Bullying
     • https://www.apa.org/topics/bullying/
**Books & Media**

2. *The Rabbit Who Listened* by Cori Doerrfeld: A book about dealing with difficult feelings and being able to take time to open up to others.
6. *Enemy Pie* by Derek Munson: The benefits of empathy, understanding, or befriending an old bully.
7. *Wonder* by RJ Palacios: This uplifting novel follows August Pullman to fifth grade, which is his first time entering a mainstream school. August was born with a facial deformity so he’ll have to convince his classmates that he is normal, just like them, despite his appearances.
9. *The Anger Tree* by John Cary: A poignant chapter book that tells the story of a neighborhood bully who is transformed by a strong, unyielding maple. The lessons the boy learns along the way will inspire thoughtful conversations about anger, self-worth and self-control.
10. Movie: *Wonder*
11. *Kid Videos on Bullying*: Helpful scenarios on various ways bullying and teasing occurs in the school setting and how to deal with it:

**Activities**

1. *Coping Cue Cards Relaxation Deck*: The Coping Cue Cards Relaxation Deck is a deck of cards designed to help kids learn healthy coping skills. The Coping Cue Cards Relaxation Deck has 44 coping skills cards with simple strategies children can use to cope with stress, anxiety, and anger.
2. *Mindful Games Activity Cards*: 50 mindfulness activity ideas to do with children.
3. *Create a mindfulness jar*: help kids learn about mindfulness and how it helps us deal with our emotions
   - [https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/](https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/)
4. *Mindfulness Activities online*:
   1. [https://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html](https://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html)
**Divorce**

**Books**

1. *Talking to Children About Divorce* by Jean McBride, MS, LMFT
2. *Shared Parenting Workbook* by Toby Hazlewood
3. *Parenting through Divorce* by Lisa Rene Reynolds, PhD

**Parent Support Groups & Classes**

1. **Parent Support Group**
   - Currently running Every Other Tuesday Evening 6-7:30
   - Session Cost: $45
   - Parenting is one of the most challenging jobs on earth doesn’t come with instructions. It can be full of both triumph and challenging opportunity. Often as parents we feel isolated, overwhelmed, and just need support. Come connect with other parents and gain community. You are not alone. You deserve the time to take care of yourself. Various issues are discussed based on the needs of the group. Please call ahead to reserve a space.
   - 595 Millich Dr Suite 102
   - Campbell, CA 95008
   - 408-680-8114
   - [http://mudarritherapy.com](http://mudarritherapy.com)

2. **Parent Classes**
   - Child & Family Counseling Group, Inc.
   - 3880 S Bascom Ave, Suite 115
   - San Jose, CA 95124
   - [https://www.childfamilygroup.com/classes-groups](https://www.childfamilygroup.com/classes-groups)

3. **Parenting By Connection Group**
   - These Parenting by Connection tools can help transform your parenting into the playful and warm journey you always hoped it would be. Get support for your child's challenging behaviors and the stress of parenting in today's world. You are not alone!!
   - 3150 18th St, Suite #255, Mailbox #207
   - San Francisco, CA 94110
   - [https://www.sfbayplaytherapy.com/parenting-support.html](https://www.sfbayplaytherapy.com/parenting-support.html)

4. **Authentic Connection: A Therapy Group for Women**
   - Since 2007, Authentic Connection: Therapy Groups for Women have been providing safe spaces for women to come together, tell the truth about their lives, and learn from experience that connection heals.
   - Mondays 7:15 -8:45 p.m.
   - 1600 Shattuck Ave. #200 Berkeley, CA 94709
6. Coming Full Circle
Coming Full Circle is a weekly therapy group for women in the separation or divorce process who want to cultivate inner resilience, develop fierce self love, and learn to access their own wisdom. When we lack these essential resources, getting out of relationship can paralyze us in fear, confusion, and self blame.
3253 STEINER ST, SAN FRANCISCO, CA, 94123
415-255-3250
JODIE@JODIESTEIN.COM
http://www.jodiestein.com/groups-and-workshops/

7. Bay Area Single Parents
We are a vital and active community of single parents. Our group provides a low pressure way to connect with other single parents on hikes, kids activities, dinners out, events with other single families and more. We average 5+ events per week.
https://www.meetup.com/BayAreaSingleParents/

8. Almaden Valley Counseling Service
Positive Parenting Class
Cooperative Parenting Class
6529 Crown Blvd., Suite D
San Jose, CA 95120
(408) 997-0200
http://avcounseling.org/classes/

9. Safe & Sound
Single Parent Network
Tuesdays, 6:00-7:30 PM
Open to single parents with children ages 0-17
drop-ins welcome, no cost / free
This is a community for single parents to support one another and discuss the challenges of parenting in a non-judgmental and confidential environment.
1757 Waller Street
San Francisco, CA 94117
https://safeandsound.org/for-parents/groups-workshops/

10. Woman’s Divorce .com
Online resources for women and divorce groups for support and healing
https://www.womansdivorce.com/divorce-groups.html
Parents and Families with Special Needs

Support Groups

1. Parents Helping Parents
support group for parents of children with special needs
https://www.php.com

2. Catholic Charities of Santa Clara County
serves and advocates for individuals and families in need, especially those living in poverty
https://www.catholiccharitiesscc.org

3. H.E.L.P Christian Support Group (free)
General drop-in support group for those with mental illness. Each group consists of 15-20 individuals attending. Those supporting individuals such as family members and partners also welcome to attend. Group is co-ed and consists of group sharing, encouragement of connection with others, and normalization of mental illness through recent events and sharing. Meals are provided and a $5 donation is requested, but not required. If you are planning to attend for the meal, dinner begins at 6:00pm.
Menlo Church
950 Santa Cruz Avenue
Menlo Park, CA 94025
Thursdays 6:30-7:30pm
Optional: Hymns, small group, and prayer
7:30pm-8:30pm