

C.O.P.E. Family Support Center

3000 Citrus Circle Ste. 220 Walnut Creek, CA 94598 (925) 689-5811

Triple P Parenting Classes for parents of children ages 0 – 19 years old.

All classes conducted by Zoom videoconferencing - Participants must use both video and audio when participating. C.O.P.E. primarily serves parents and families of Contra Costa County.

To register for a program, call our office at (925) 689-5811 or visit www.copefamilysupport.org/class-schedule. Note: Clients may be able to join a class date after the start date by attending a make-up session with the practitioner.

CONTRA COSTA COUNTY

Group Triple P

Triple P - Positive Parenting Program is a proven evidence-based program used throughout the world to improve parenting skills and reduce child abuse. Triple P is delivered at family resource centers, homeless shelters, truancy courts, and mental health programs throughout Contra Costa County, serving families with children ages 0 – 19.

English Group Triple P - (6 week) for parents of children 0 – 5 years old

When: Wednesday August 31st - October 26th, 2022; 6:00 – 8:00pm
Cost: FREE

Family Transitions Positive Co-Parenting

Family Transitions Triple P will benefit families going through a separation or divorce, that are experiencing unresolved conflicts or difficulty communicating effectively. The course is designed to assist parents in building and maintaining a healthy co-parenting relationship while providing strategies to manage conflicts and stressful situations. This course may include a 7-week School-age Triple P program. **This course is not intended for coparents to take together.**

When: Thursday September 1st to September 29th, 2022; 6:00 – 8:00pm

Cost: \$50 – One time



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Supporting Father Involvement

C.O.P.E. Family Support Center recognizes how important fathers are and is pleased to offer parenting classes and individualized support to help fathers be the best they can be for their children. In **Supporting Father Involvement**, fathers will learn and strengthen strategies for coping with stress in your work and personal life, co-parenting, and conflict resolution skills, how to develop greater self-confidence and beating depression and anxiety, how to improve parenting confidence by learning parenting techniques for all ages and stages, and how to change generational patterns of difficult parent-child relationships to create a positive family life for you and your children.

English Supporting Father Involvement - (8 week) for fathers of children 0 – 19 years old

When: Monday August 8th – September 26th, 6:00- 8:00pm

Cost: \$15 One time

Group Anger Management

To register, please call (925) 689 -5811 or email ellen.crnkovich@copefamilysupport.org

Our **Anger Management** program is designed to help adults recognize and manage the anger that impacts themselves and their families. Participants learn different ways to manage stress, improve emotional intelligence, and communicate better. Certificates are issued after a minimum of 12 attended sessions.

Anger Management

When: Tuesdays, on-going Time:

6:30 – 7:30pm

When: Wednesdays, on-going

Time: 6:00 – 7:00pm

Cost: \$55 one-time registration fee, \$35 per session

Hosted by COPE Family Support Center

Teen Drug Education Program

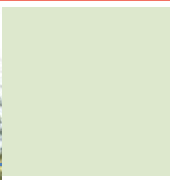
If you are a teen who has received a ticket from Traffic Court for being in possession of alcohol or marijuana, this program will give you the tools you need to address and resolve the issues surrounding your infraction. You will complete ten (10) hours of drug education classes designed to help you understand the dangers of driving under the influence, the legal, social, and physical aspect of alcohol and drug use as a lifestyle and learn to make positive changes. Group sessions available when sufficient enrollment exists. Otherwise, available individually.

10-Hour Drug Education Program for Teens

When: Weekly, one hour

Cost: Individually at \$60 per session (\$600)

Hosted by COPE Family Support Center



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Newest Class! Healing the Hearts of Women

Our newest class addition to C.O.P.E. Family Support Center focuses on helping mothers to heal emotional wounds to become a better co-parent and mother. In **Healing the Hearts of Women**, mothers will acknowledge and identify their pain, explore their symptoms and emotions, and process stress and anxiety. Participants will practice intentional decision-making by choosing to heal.

English Healing Hearts for Women- (8 week) for Mothers with children 0-19 years old

When: Dates TBD

Cost: \$100.00- One time

Group Triple P (0-5) (*In Person- in Spanish*)

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Spanish Group Triple P - (9 week) for parents of children 0 – 5 years old

When: Tuesday August 30st- October 25th, 2022

Time: 10am-12pm

Cost: FREE

Location: Delta First 5 Center, 760 1st St. Brentwood, CA 94513

To register, please call (925) 689-5811 ext. 109 and 111 or email

cesar@copefamilysupport.org

nain@copefamilysupport.org