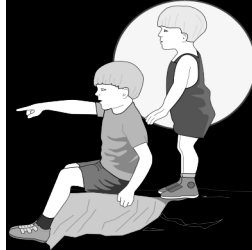


CATHOLIC CHARITIES SAN BERNARDINO/RIVERSIDE
FUNDED BY SAN BERNARDINO COUNTY'S
Department of Children's Services

COOPERATIVE PARENTING

A 15 Hour Parent Education Course



- Develop positive, respectful, cooperative parent-child relationships
- Build self esteem of parent and child
- Learn to use natural and logical consequences
- Improve family communication skills
- Develop responsibility and self discipline in your children
- Examine health, safety, and nutrition issues
- Learn stress management and anger management skills in the family
- Family meetings and more

WHERE: Catholic Charities Counseling Programs
1441 N. "D" Street
San Bernardino, 92405

WHEN: TUESDAY EVENINGS
July 1, 8, 15, 22, 29,
August 5, 12, 19, 26,
September 2, 2009

TIME: 6:00-7:30 P. M.

COST: NO COST TO PARTICIPANTS
Notebooks Included

Registration begins June 15, 2009

In order to receive a Certificate of Completion, participants must attend all 10 sessions.

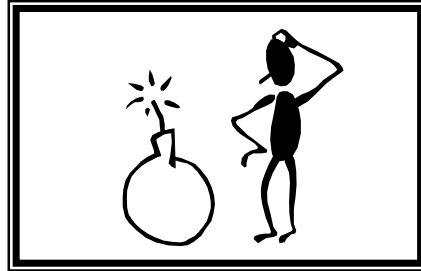
FOR MORE INFORMATION OR TO REGISTER PLEASE CALL:

(909) 763-4970

CATHOLIC CHARITIES SAN BERNARDINO/RIVERSIDE
Funded By San Bernardino County's Department Of Children & Family Services
IS OFFERING AN

ANGER MANAGEMENT GROUP

A Sixteen Session Program



WHERE: Catholic Charities Counseling Programs
1441 N. "D" Street
San Bernardino, 92405

WHEN: **MONDAY EVENINGS**
July 6, 13, 20, 27,
August 3, 10, 17, 24, 31,
September 14, 21, 28,
October 5, 12, 19, 26, 2009

TIME: 6:00-7:30 P.M.

COST: **NO COST TO PARTICIPANTS**

- Overview of Anger: What is it? What causes it?
- Anger and Violence
- Practicing Non-Violent Behavior
- Anger and Stress
- Attitudes and Values that Promote Anger and Violence
- Alcohol, Drugs and Violence
- Anger and Parenting
- Effective Communication
- Self Esteem

Registration begins June 15, 2009

Attendance at all twelve sessions is required to receive a Certificate of Completion. This group does not meet the requirements of a court-mandated domestic violence program. This group is for people referred by CPS and voluntary participants.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL:

(909) 763-4970

CATHOLIC CHARITIES SAN BERNARDINO/RIVERSIDE

ESTA OFRECIENDO:

**CLASES DE APOYO PARA
EL MANEJO DEL ENOJO
(Colera, Ira, Rabia, Furia)**

FINANCIADAS POR EL CONDADO DE SAN BERNARDINO

Un Programa de Dieciséis Sesiones



DONDE: Catholic Charities Counseling Programs
1441 N. "D" Street
San Bernardino, Ca. 92405

CUANDO: MIERCOLES
Julio 8, 15, 22, 29,
Augusto 5, 12, 19, 26,
JUEVES
Septiembre 3, 10, 17, 24,
Octubre 1, 8, 15, 22, 2009

HORA: 6:00-7:30 P.M.

COSTO: SIN COSTO PARA LOS PARTICIPANTES

- Análisis del Enojo: ¿Que Es? ¿Qué la Causa?
- Enojo y Violencia
- Aprender a Comportarse sin Violencia
- El Enojo y el Estrés
- Actitudes y Creencias que Promueven el Enojo y la Violencia
- Alcohol, Drogas, y Violencia
- El Enojo y el ser Padre o Madre de Familia
- Comunicación Efectiva
- Auto-Estima

El Registro Comienza El 15 de Junio 2009

Para recibir un certificado de cumplimiento es necesario atender las diez y seis sesiones. Esta clase no satisface los requisitos necesarios asignados por la corte para casos de violencia domestica (52 semanas). Esta clase es para personas referidas por CPS y para participantes que desean atender de una manera voluntaria.

PARA MÁS INFORMACION O PARA REGISTRARSE, FAVOR DE LLAMAR AL:

(909) 763-4970

**CATHOLIC CHARITIES SAN BERNARDINO/RIVERSIDE
FUNDED BY SAN BERNARDINO COUNTY'S
DEPARTMENT OF CHILDREN'S SERVICES**

IS OFFERING AN

ANGER MANAGEMENT GROUP FOR TEENAGERS

An Eight Session Program



WHERE: Catholic Charities Counseling Programs
1441 N. "D" Street
San Bernardino, 92405

WHEN: THURSDAY EVENINGS
July 2, 9, 16, 23, 30,
August 6, 13, 20, 2009

TIME: 6:00 – 7:30 P.M.

COST: NO COST TO PARTICIPANTS

**A parent or caregiver will also be required to attend
a separate course offered at the same time.**

Registration begins June 15, 2009

Attendance at all eight sessions is required to receive a Certificate of Completion. This group does not meet the requirements of a court-mandated domestic violence program. This group is for people referred by CPS and voluntary participants.

FOR MORE INFORMATION OR TO REGISTER PLEASE CALL:

(909) 763-4970