



Make checks payable to RHUMC and mail to: RHUMC Parenting Classes, 26438 Crenshaw Blvd., Rolling Hills Estates, CA 90274. Please check class choice(s) below:

- Parenting Through The Divorce (\$90 per parent/ \$170 per couple)
- Parenting Toddlers & Preschoolers (\$90 per parent/ \$170 per couple)
- Sandcastles: Helping Children of Divorce Rebuild (\$125 per family) Choose One 2/28 _____ 6/13 _____ 10/17 _____

Your Name: _____

Street: _____ City & Zip: _____

Home phone: _____ Cell _____ Email _____

Need childcare? YES NO Ages? _____ Amount Enclosed: \$ _____

For Sandcastles: Please list below the name/age of each child who will participate

Name/Age _____	Name/Age _____
Name/Age _____	Name/Age _____
Additional parent participant if relationship is very amicable _____	

ABOUT OUR INSTRUCTORS

Sharon Baker, LCSW is a licensed therapist with a private practice in Rancho Palos Verdes. She has been teaching parent education to South Bay parents for over 15 years. She also teaches mandated classes for the Los Angeles Conciliation Court. Sharon will teach *Parenting Toddlers & Pre-school Children*.

Our Sandcastles Faculty is drawn from a group of 14 area professionals who have successfully completed the Sandcastles Leaders Training Seminar. The group is composed of licensed therapists, veteran teachers, and experienced mediators who are dedicated to bringing this important program to children and families in Los Angeles.



Rolling Hills United Methodist Church

26438 Crenshaw Blvd.
Rolling Hills Estates, CA 90274

"Providing progressive, non-sectarian parent education for The South Bay since 1990"



Classes for Parents

- Parenting Through The Divorce
- Parenting Toddlers and Pre-school Children

For Parents & Children Ages 6-17

- Sandcastles: Helping Children Rebuild
As seen on "Oprah"

(310) 377-6771 ext. 105
familyministries@rhumc.org

C L A S S E S

SPRING

About Family Ministries

Sandcastles: Helping Children of Divorce Rebuild- offered 3 times in 2010

Co-sponsored by the Los Angeles Collaborative Family Law Association (LACFLA)

1 Sunday 1 - 5 pm
\$125 per family

February 28, 2010
June 13, 2010
October 17, 2010

This nationally known program helps children ages 6 - 17 process their feelings and the experience of their parents' divorce. Sandcastles has been attended by over 150,000 children nationwide. While children participate in group activities, parents attend their own class focusing on co-parenting skills. Adults and children come together for the last half hour of the program. After featuring Sandcastles' founder M. Gary Neuman on her show five times, Oprah called it her "...most important program of the year."

Notes to parents: Sandcastles is not a children's therapy group. It is a one time workshop where children can share their experiences with other children whose parents are in the process of divorce. Children must have reached their 6th birthday to participate.

Unless parent relations are **very amicable**, please have *only one parent* attend the class.

Parenting Toddlers & Pre-schoolers

5 Tuesdays 7 - 9 pm
(Feb. 2, 9, 16, 23) \$90 per parent
(Mar. 2) \$170 per couple

This popular class gives parents the tools and encouragement to guide their children from the "Terrible Twos" to pre-kindergarten. Topics covered will include:

- Giving children choices within limits
- The four goals of children's misbehavior
- Creating opportunities to say "Yes" instead of "No"

Parents will also learn the important milestones in the social and emotional development of young children.

*Grandparents, other relatives, and childcare providers are also welcome to enroll in these classes.

Parenting Through the Divorce Process & Beyond

5 Tuesdays 7 - 9 pm
(Mar. 9, 16, 23, 30) \$90 per family
(April 13) \$170 per couple

This class will focus on the special skills needed by parents to help children adjust to their parents' divorce. Topics covered will include: creating a compassionate transition for your child, maintaining a secure parent-child attachment following divorce, self-soothing and healing strategies for children, helping your child handle conflict and tolerate loss, and moving beyond "all or nothing" thinking.

Note: Unless parent relations are **very amicable** please have only one parent attend the class

Nearly 30 years ago RHUMC decided that helping families meant finding a way to strengthen them, by providing education and support on topics of interest that would assist parents in doing a better job on a daily basis. With this focus in mind, the church has been able to bring in well known speakers to share their expertise with the entire South Bay Community, as well as to underwrite the cost of bringing programs like Sandcastles to the surrounding area. Each year classes are taught by local therapists on parenting issues regarding toddlers, teenagers, anger in the family, divorce, stepfamilies, and general parenting issues.

Partial scholarships are available for those who cannot afford the full cost.

Classes are open to people of all faiths and beliefs.