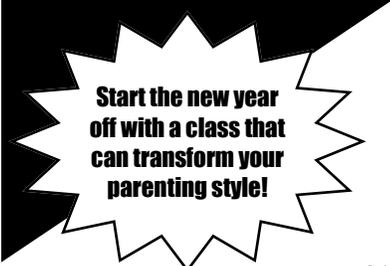


*Each session counts as training toward your licensure requirement.  
and is provided at low or no cost to all foster and adoptive parents.  
Registration is required.*

All trainings will be held at the CHS facility at  
1167 Corporate Lake Drive, St. Louis, MO 63132.



Start the new year  
off with a class that  
can transform your  
parenting style!

**CHS Parenting KIDS (Kids in Difficult Situations):** Six week class looks at the reasons behind the behaviors exhibited by children who are in foster care or adopted. Looking through the “trauma lens,” parents learn ways of being proactive in trauma informed discipline techniques and how to be good advocates for their children. Understanding that there is not one “right” technique, the series looks at the work of a number of professionals in the world of developmental trauma.

Wednesdays-January 4, 11,18, 25, Feb. 1, 8, 2017

6:00-9:00 PM

**TIPS I: (Trauma Informed Parenting for Success)** If you have taken previous classes geared toward working with the challenging behaviors of children with trauma histories, this will be a good *refresher* course to review and practice the core concepts of trauma informed parenting. **Attachment** will be the focus of this class. Future classes will look at building the other core concepts of child development that include self-regulation, affiliation, awareness, tolerance and respect.

Thursday, January 19, 2017

6:00-9:00 PM

**Improving Executive Function in Children:** Many children have difficulty with organizing, planning, goal setting, time management and retaining things in their memory. What looks like defiance and laziness in the child may be a reflection of a deficiency in their executive skills. Parents will learn how to help their child function better in the home setting utilizing common practices used by classroom teachers.



Monday, January 23, 2017

9:30 AM-12:30 PM

**TIPS II (Trauma Informed Parenting for Success)** This is the second installment in a series of classes designed to give parents a refresher on parenting concepts covered in other classes geared toward children with challenging behaviors. Building on the attachment concept, other areas of child development that will be explored will include **self-regulation, affiliation** and **attunement** (being part of a group and being aware of others.)

**To Register:**  
**(314) 968-2350, ext. 258**  
**or**  
**heatherf@chsmo.org**

Thursday, January 26, 2017

6:00-9:00 PM

