

## FAQs

**Fees:** \$3/day donation requested per family or sliding scale membership (\$25-\$120 a year) Scholarships Available

**Registration:** Please call ahead if you plan on attending our Single Moms Group so we can plan for childcare. You must register for Love & Logic parenting classes. Our Grupos de Padres often have a wait-list so please call first. All other groups are drop-in and do not require registration.

### LOCATIONS:

**Boulder Groups** - Parenting Place at 1235 Pine Street (in between 13th and Broadway)

**Longmont Groups** - First Evangelical Lutheran Church at 825 3rd. Avenue (3rd and Terry)

**Broomfield Groups** - Brunner House at 640 Main Street

## WORKSHOPS, CLASSES & GROUPS

### WORKSHOPS & CLASSES

**How to Play in a Healing Way** - Gabrielle Friedman MA will visit the toddler group to explore variations of play and their effects on children. March 3rd, 10:30-11:30am.

**Art with Bea** - Bea is a third year Naropa graduate student working on a master in art therapy. Visit with Bea and create something special during the Single's Mother group March 10th, 6:00pm.

**Compassionate Sleep Solutions** - How can we facilitate healthy sleep? How do we hinder it? Find out the answers with Eileen Henry. March 12th, 11:00-12:00pm.

**Love & Logic** - Provides parents with specific, tangible skills and a mind-set that allows you to meet your child's needs, develop a loving relationship, and set limits and boundaries. Sheryl Schwabe MSW will speak during our Single Mothers group March 17th, 6:00-7:30pm.

**Photo Shoot with Stacey Moore** - Want your family or child to be on the cover of Family Connection? Stacey will be taking photos for our publication and other marketing materials. Friday March 20th, 11:00am

**Working Moms Group** - A weekend group for moms with children ages 0-5 to get together at Parenting Place. March 22rd, 11:00-1:00pm.

**Developing a Healthy Relationship with Food** - Jennifer Maybee, PhD will be speaking with the Toddler Group March 24th, 10:30-11:30am.

**First Foods; The Introduction of Solids** - Jennifer Maybee, PhD will speak with the Infant Group March 26th, 11:00-12:00pm.

**Estate Planning** - Sponsored by Moxie Moms will meet March 26th, 7:00-8:00pm at Parenting Place. To RSVP email susan@moxie-moms.com.

**Meet Your Village** - Meet people in your community who provide support for expecting and new families. March 30th, 5:30-7:30.

**Music with Allen** - Allan Guitar is a musician and Licensed Clinical Social Worker. He combines his skills to involve small children in fun and educational music, song, rhythm and movement. Allan can be contacted for bookings at: www.allan-guitar.com

### AGED BASED GROUPS

**Post Partum Support Group** - Will address stress management, sleep deprivation as well as other essentials of post partum self care. The group will also provide emotion support and education. Mondays 10:00-11:00am

**Parents with infants Support Group** - For parents with newborns to babies who are crawling. An opportunity to meet other new parents, offer each other support and gain parenting information. Thursdays 10:30am-12pm at Parenting Place, Tuesdays 10-11:30 at the Brunner House in Broomfield.

**Toddler Circle** - No longer a baby but not quite a walker? This group is for transitioning babies and their parents to come together and explore the world of becoming a toddler. Tuesdays 10:00am

**After Nappers Young Toddler Circle** - A new group for parents with children 10 months to 18 months. The group begins later in the afternoon for families to visit after nap time. Monday 2:00- 3:30.

**10 mos. - 2 1/2 yrs Playgroup** - An opportunity to meet other parents & gain new parenting information. Tuesdays 9:30am-12:00pm

**0-5 yrs. Playgroup** - An opportunity to meet other parents & gain new parenting information. Mondays and Fridays 10am-1pm

**Story Book Hour** - Age-appropriate books will be read to children 2-5. Fridays 10:30-11:30am

### LANGUAGE BASED GROUPS

**Grupo de Padres Latino (para inscripción llamar a Patricia al 303-449-0177)** Una oportunidad para los padres de niños pequeños para reunirse y hablar sobre los retos de criar a sus hijos. Clases de Ingles.

**Japanese Playgroup** - A playgroup for parents who want to share their Japanese language and culture with their children. Japanese fluency recommended. Contact Michiko 303-442-3699. 2nd Friday 9:00-11:00 & 4th Thursday 2-4:30pm

**German Playgroup** - A playgroup for parents who want to share their German language and culture with their children. German fluency recommended. Contact Sabine 303-682-8995 for information on meetings locations and times.

**French Playgroup** - A playgroup for parents who want to share their French language and culture with their children. French fluency recommended. Contact Elisabeth 303-543-0565. Mondays 9-11:00am

### CAREGIVER GROUPS

**Working Moms Group** - A weekend group for moms with children ages 0-5 to get together at Parenting Place. The group meets the 4th Sunday of the month from 11am-1pm. Contact Gail at 303-449-0177 x.2 or gail@boulderparenting.org

**Adoption Support Group** - A group for families with adopted children from 0-5 years of age. If interested in attending this group please call Abbie Lasky at 303-449-0177 x13. Dates to be determined.

**Dads & Kids** - An opportunity to meet other dads and for children to play together. A good way to give moms the night off. 1st & 3rd Wednesdays 6-8pm

**Nannies & Kids Playgroup** - An opportunity to meet other nannies and gain more in-sight into caring for young children. 1st & 3rd Mondays 9:30-11am

**Single Moms Support Group** - A support group for Single Moms with children ages 0-5. Child care and dinner provided. Speakers are invited to talk about relevant topics. Tuesdays 5:30-7:30pm

*Financial Assistance is available for all groups, workshops and classes*

### MEET YOUR VILLAGE

Meet people in your community who provide support for expecting and new families!

**Monday, March 30th  
5:30-7:30pm at Parenting Place**

Parenting Place will be holding its second "Meet Your Village" gathering. This community gathering will be kicked off by an introduction to Parenting Place including a free packet of Bright Beginnings materials.

**Guest speakers include:** Gretchen Reid- Life and Career Coach/Motherhood Transitions, Eileen Henry- Compassionate Sleep Solutions

There will be a mini fair with community resources available to talk about their services, including: Susan Lavelle with Moxie Moms, Katie Wise with Yo Mama Yoga and Jules Pellerin-baby sign language, Patience Bleskan-child development specialist, Kate Kripke-social worker specializing in prenatal issues, Lisa Van Dam-Living Earth Cloth Diapers. Light refreshments will be served. Meet Your Village is free to the public.

Please go to [www.boulderparenting.org](http://www.boulderparenting.org) for more information about Parenting Place or request info at [info@boulderparenting.org](mailto:info@boulderparenting.org).

### COMMUNITY PARTNER GROUPS

GROUP	DAY	TIME	LOCATION	CONTACT
Various Groups	See website		Nederland	nedmamas.com
Homeschool park days	Fri	11-3:00	e-mail for location	longmonthomeschoolinfo@comcast.net
The Baby Visitors	2nd Thurs. & 4th Fri.	Thurs. 1pm & Fri. 10am	Golden West 1055 Adams Circle, Boulder	Kim at 303-725-6310 or Mercy at 303-818-4351
Boulder Newcomers Moms and Tot Group	Tuesdays	11:00-1:00	At parks, homes or other local venues	annajstephenson@yahoo.com
Shalom Baby	http://boulderjcc.org/backup/shalombaby.html			Beth Litz at 720-364-1812 or bethlitz@yahoo.com
Moxie Moms	See Website for Activities			moxie-moms.com
Boulder CPR Classes	TBD Monthly	Contact 303-668-8079 for more details or to register		