



MRT (Parenting and Family Values) (14-week class-meets virtually, weekly for 2 hours)

Our 14-week evidence/researched-based class for parents uses the Moral Recognition Therapy (MRT) Curriculum, supplemented with discussion and presentations. It is designed to address past parenting behaviors, present family interactions, and assist parents in planning for a healthy family future. This behavior-based approach to parenting encourages parents to recognize the value of taking responsibility for the choices they make and actions they take. We are a contracted provider with DSHS Children's Services. Upon completion of this class, you will receive a certificate of completion.

IDV (IMPACT OF DOMESTIC VIOLENCE ON CHILDREN) (One time 4 Hour Virtual Seminar)

This 4-hour class designed to assist parents in supporting children who have witnessed or have been affected by domestic violence. Classes are gender specific. Topics include: What is Domestic Violence? To what extent are children impacted by domestic violence? What can parents do to help their children? What actions should parents avoid? What are strategies for parenting after violence? How do Moms and Dads interact after domestic violence? What is the long-term impact of parental conflict on children? IDV satisfies mandated parenting class requirements. Upon completion of this class, you will be given a Certificate of Attendance.

CTC (CONSIDER THE CHILDREN) (One time 4 Hour Virtual Seminar)

The divorce/separation of one's parents is a major event in the life of a child. Consider the Children is a 4-hour parenting class focused on strategies to support children who live separately from one or both parents. Topics include Grief and loss, Stress indicators in children, The long-term impact of parental conflict on children, Communication skills for parents who live separately, Strategies to help children in transition through visits. Consider the Children Seminar Workshops meet Lewis, Mason Pierce, and Thurston County Superior Court requirements mandating attendance at a four (4)-hour class designated to address the impact family restructuring has on children. All instructors have been approved by the courts. Upon completion of this class, you will be given a Certificate of Attendance to give to your attorney, or file with the court clerk.

GGC (Guiding Good Choices) (6-week training-meets in person, weekly for 2 hours)

This free 6-week evidence-based training series for parents and caregivers is designed to help families guide children through success at home, school and in life. By assisting families to strengthen and clarify expectations for behavior, enhance the conditions that promote bonding within the family, and teach skills that allow children to resist drug use successfully. The series combines discussion, lectures, group activities and the positive social support of peers to address common parenting concerns. Upon completion of this series, you will receive a certificate of completion. This class is offered both in person and virtually.

DYNAMIC DADS (14-week class-meets virtually, weekly for 2 hours)

This program is a 14-week court approved, evidence/researched-based parenting class for fathers that uses the award winning "Nurturing Fathers" curriculum, supplemented with discussion and presentations. It is a strength-based parenting group that provides an opportunity for fathers build and strengthen positive parenting attitudes and behaviors, while in the company of other fathers on a pathway to becoming "Dynamic Dads".

Turn over for more >>

PIR (Parenting in Recovery) (14-week class-meets weekly for 2 hours)

Parenting In Recovery is a 14-week, researched-based, cognitive-behavioral parent management skills training program created for criminal justice and systems involved parents. The curriculum is very interactive and takes a step-by-step process highlighting how to be an effective parent. The classes cover all age groups and help parents to interact positively with different personalities and needs. PIR creates opportunities for families to link resources, experience coached family time, enhance life skills, and develop positive social networks to build family success. PIR satisfies mandated parenting class requirements. Upon completion of this class, you will receive a certificate of completion.

QPR Suicide Prevention (Question, Persuade, Refer) (One time online 90-minute course)

Our QPR Suicide Prevention course provides practical and proven suicide prevention strategies and is taught in a clear, concise format. The course takes approximately 90 minutes and will be valid for three years from the date of training. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught suicide prevention training in the world. Key Components Covered in Training are How to Question, Persuade and Refer someone who may be suicidal, How to get help for yourself or learn more about preventing suicide, The common causes of suicidal behavior, The warning signs of suicide, How to get help for someone in crisis, What questions to ask a person, and What questions NOT to ask.

Other FESS Programs:

Kinship Navigators (Specific to Agency counties served)

While extended families have always helped with child rearing, a growing number of grandparents and extended family are becoming primary caregivers. Our Kinship Navigators Program works to advance activities and trainings that support Kinship care providers, their families, and the professionals who work with them. These programs are supported in part by the Lewis-Mason-Thurston Area Agency on Aging and the Department of Social and Health Services, Aging and Disability Services Administration.

P4P (Parent for Parent) (Specific to Agency counties served)

Parents for Parents (P4P) provides peer mentoring for families in the dependency court system. P4P is an evidence-based model that provides early outreach and education that helps shift parental attitudes from anger and resentment to acknowledgment and acceptance and enhances parent's engagement in their court-ordered plans. Mentoring is provided by Parent Allies.

PCAP (Parent-Child Assistance Program) (Specific to Agency counties served)

Maternal alcohol/drug abuse puts children at risk because of possible effects of prenatal exposure on the child's health and because these mothers are likely to provide a compromised home environment. These problems are preventable by helping the mothers build healthy and independent lives. The Parent-Child Assistance Program (PCAP) is an award winning, evidence-informed home visitation case-management model for pregnant and parenting women with substance use disorders. PCAP goals are to help mothers build healthy families and prevent future births of children exposed prenatally to alcohol and drugs.

For questions or to register, please call 360-754-7629 or visit our website at www.familyess.org