

Valerie Gemanis, M.S.

Valerie Gemanis was born and raised in Fresno, California. She received her BA and MS in Psychology at California State University Los Angeles. Valerie also has a teaching credential, a degree in Alcoholism Counseling, and an Adult Education Teaching Credential for Parenting. In her quest for knowledge and personal growth, she became a Certified Instructor of the "Understanding Yourself and Others" course, a 3-day, intensive, experiential workshop. • Valerie's career with Fresno County Children's Protective Services began in 1979. She has worked in most areas of CPS—Emergency Response, Sexual Assault, Adoptions, Court, Reunification, and others. In 1994, she helped develop the Parent Education Unit facilitating The Family Nurturing Programs® with CPS clients. She has instructed over 700 parents. • In 1999, Valerie became a Recognized Trainer/Consultant in the family-based Nurturing Parenting Programs® and began conducting Facilitator Trainings. Since that time, she has trained over 800 participants to facilitate The Nurturing Programs®. She remains a consultant and part-time employee of CPS while also offering independent Nurturing Parenting Programs® facilitator trainings. • Valerie's training style is both intense and fun. She is noted for her nurturing, enjoyable, and informative workshops. •



Family Nurturing Centers International

Incorporated in 1983, Family Development Resources, Inc. (FDR) was established by Stephen Bavolek for the express purpose of developing, validating, and distributing parenting programs, videos, and assessment tools to build nurturing parenting skills in families and consequently, prevent and treat child abuse and neglect. Family Nurturing Centers, International was established to provide training and consulting in the Nurturing Parenting Programs. For more information on Nurturing Parenting workshops and trainings, research, and our online catalog, visit: www.nurturingparenting.com



Valerie Gemanis
The Family Nurturing Programs
PO Box 6656
Los Osos CA 93412-6656

Nurturing Parenting Program® Facilitator Training

With

Valerie Gemanis

Trainer/Consultant—The Nurturing Parenting Programs®

Dates: *AUGUST 8, 9, & 10, 2012*

Cost: *\$260*

Location: *San Joaquin
College of Law
901 5th St.
Clovis CA 93612
(near Fresno CA)*



Learn the philosophy and goals of Nurturing Parenting and how to implement and facilitate the group and home-based Nurturing Parenting Programs®

Workshop Description

Times: 8:45 AM Registration (*Day 1 only*)
9 – noon Training Session (*lunch on your own*)
1 – 4:00 PM Training Session (on Day 1 & 2, we may go until 4:30. On Day 3, we will be done by 4:00 PM)
to 4:30

The three days will focus on incorporating the philosophy, skills and strategies of nurturing parenting: How to use program materials, videos and assessment tools, program activities, family home practice assignments, icebreakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, building self-esteem, self-concept and empathy in parents and children. The training includes lecture presentations, videos, written material, and trainee participation. Join me in an interesting journey in learning and self-exploration.

The Nurturing Parenting Programs®

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations:

- Prenatal Program
- Parents & Their Infants, Toddlers, & Preschoolers
- Parents & Their School-Age Children
- Parents & Adolescents
- Teen Parents & Their Families
- Families in Substance Abuse Treatment & Counseling
- ABC's Program for Parents & Kindergarteners
- Crianza con Cariño
- Parents & Their Children with Special Needs & Health Challenges
- African-American Nurturing Program Supplement
- Hmong Parents & Adolescents
- Nurturing Parenting Program for Christian Families
- Family Nurturing Camp
- Nurturing Skills for Families
- Nurturing Skills for Teen Parents
- Nurturing America's Military Families

Adult-Adolescent Parenting Inventory (AAPI)

The AAPI has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at risk for abusing and neglecting children. For more info, visit www.assessingparenting.com.

Registration Form

Nurturing Parenting Program Facilitator Workshop

August 8, 9, & 10, 2012
in Clovis CA

MAIL THIS FORM along with your registration fee payable to:

Valerie Gemanis
PO Box 6656
Los Osos CA 93412-6656

No faxed registrations accepted.

Phone: (805) 459-1294

E-mail: VGemanis@aol.com

Registration Deadline:

Class size is limited! Please call or e-mail to check on availability before enrolling.

Name of Participant (please print)

Multiple registrations: Fill out one registration for each participant

Agency

Address

City, State Zip

Phone

E-mail (Confirmation will be sent via e-mail.)

\$260 per registration

Method of Payment made out to

Valerie Gemanis:

_____ Check enclosed

_____ Money Order enclosed

Refund policy: If you cancel on or before 7/11, 100% refund. If you cancel after 7/11, \$200 refund, & after 8/1, \$100 refund, if I cannot fill the vacancy.

Philosophy of Nurturing Parenting

The philosophy of Nurturing Parenting emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for grow to develop the capacity to trust, care for and respect themselves, other people, living creatures and the environment. The philosophy of Nurturing parenting is founded on seven principles:

1. *Feelings of Attachment.* Attachment is a bond between parents and their children which conveys a deep, mutual, unconditional love. When children feel loved unconditionally, communication, trust and respect naturally follow.
2. *Empathy.* Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving and respectful way.
3. *Nurturing Oneself.* Taking time to get one's own needs met, as an adult, forms the foundation of understanding how to help children get their needs met. Nurturing parents take care of themselves as well as their children.
4. *Gentle Touch.* Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy relationships throughout their lives, as well as a healthy and positive sense of themselves.
5. *Discipline.* Setting limits through family rules, teaching right from wrong, communicating family morals, and teaching respect and worth through family values are important tasks in a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best when children model their parents whose example they admire.
6. *Expressing Feelings.* Helping children and adults learn appropriate ways to manage and express their feeling is a fundamental characteristic of a nurturing family.
7. *Expectations and Self-Worth.* Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn that they are competent people, capable of pleasing others important in their lives.

The Nurturing Parenting Programs® are included in the Substance Abuse-Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP) and recognized by the Office of Juvenile Justice and Delinquency Prevention (OJJDP).