

**Falana Coleman-Zamora, LCSW** has over 15 years of experience providing mental health services for young children and families with experience working as a clinician, supervisor, trainer and consultant in trauma informed and parent education therapeutic programs.

Falana earned her BA in Psychology at DePaul University and AM at the University of Chicago, School of Social Service Administration.

Falana was trained by Dr. Stephen Bavolek and completed the Training of Trainers workshop in 2016.

**Gwen Vana, LCSW**

has over 10 years of experience working with foster children and their families; providing individual and family therapy, parent coaching, and facilitating the 16-week version of the Nurturing Parenting Programs for parents involved in the foster care system.

Gwen earned her BA in Social Work at Illinois State University and her MA at Loyola University, Chicago.

Gwen was trained by Dr. Stephen Bavolek and completed the Training of Trainers workshop in 2016.

Falana Coleman-Zamora/ Gwen Vana

Nurturing Parenting Program®  
**Facilitator Training**

Presented by:

**Falana Coleman-Zamora  
And  
Gwen Vana**

**April 27-29, 2020  
8:45am-5pm**

*National Trainer/Consultants  
Nurturing Parenting Programs*

Cost: \$350 per person (CEU's AVAILABLE)  
Location: Lurie Children's Hospital  
1440 N. Dayton 2<sup>nd</sup> Floor  
Chicago, IL 60642  
Phone: (312) 388-0620 or (708) 822-5612



**Learn the philosophy and goals of  
Nurturing Parenting and how to  
implement and facilitate the group and  
home-based programs.**

## Workshop Description:

**Times: 8:45 Registration (First Day Only)**  
**9-5 Remaining 2 days**

**Day 1-3** This training will focus on incorporating the philosophy, skills and strategies of Nurturing Parenting. Participants will learn how to design home-based and group-based parenting programs utilizing the proven lessons of the Nurturing Parenting Programs. A hands on approach to conducting the Nurturing Parenting Program includes facilitating weekly sessions, how to use program materials, videos and assessment tools, children's and parents' program activities, family home practice assignments, ice breakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, building self-esteem, self concept, and empathy in parents and children. Participants will learn how to use the online version of the *Adult -Adolescent Parenting Inventory (AAPI-2.1)* to gather pre and post program outcome data.

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:

### PRIMARY Prevention-Education

Prenatal Families

ABC's for Parents & Their Children 5 to 8

Parents & Children with Special Needs & Health Challenges

Community Based Education (CBE) in Nurturing Parenting

CBE for Military Families

CBE - Alcohol & Kids Don't Mix

CBE - Alcohol, Anger & Abuse

CBE - Teen Pregnancy Prevention

Developing Nurturing Skills (DNS): School-Based Program

### SECONDARY Prevention-Intervention

Nurturing Skills for Families Nurturing Skills for Teen Parents

Nurturing America's Military Families

Nurturing Fathers

Nurturing God's Way

Family Nurturing Camp

### TERTIARY Prevention-Treatment

Parents & Their Infants, Toddlers & Preschoolers - 16 Sessions

Parents & Their School-Age Children 5-11 Years

Young Parents & Their Families - 16 Sessions

Parents & Adolescents

Hmong Parents & Adolescents

Families in Substance Abuse Treatment & Recovery

It's All About Being a Teen

### COMPREHENSIVE

Teen Parents & Their Children

Parents & Their Infants, Toddlers & Preschoolers

Spanish Speaking Parents & Their Children Birth to 12 Years

Spanish Speaking Parents & Their Children 4 to 12 Years

## Adult-Adolescent Parenting Inventory

The AAPI-2.1 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](http://www.assessingparenting.com).

### 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 develop the capacity to trust, care and respect them-selves, other people and living creatures and the environment. The philosophy of Nurturing parenting is founded on seven principles:

- 1. Feelings of Attachment.** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust, & respect naturally follow.
- 2. Empathy.** Empathy is the ability of parents to put them-selves 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 One's Self.** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding & helping 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 life, as well as a healthy and positive sense of their self.
- 5. Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect & worth through family values are all a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the children modeling their parents whose example they admire.
- 6. Expressing Feelings.** Helping children and adults learn appropriate ways to manage and express their feelings 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.

## **REGISTRATION FORM**

Nurturing Parenting Program Facilitator  
3 DAY Workshop

**E-MAIL THIS FORM TO**  
[nppchicago@gmail.com](mailto:nppchicago@gmail.com)

If you have questions or concerns, please call  
Phone: (312) 388-0620 or (708) 822-5612

**Registration Deadline: 4/22/2020**  
*Call for availability after deadline.*

**Multiple registrations: Fill out one registration for each participant:**

Agency/Name:

Address

City, State, Zip

Phone Fax

Email

- Confirmations will be sent via email.
- Site is handicap accessible
- No refunds or cancellations after
- All paid fees are redeemable for a future NPP training of equal or lesser value.
- Cost includes training material, facilitator manual as well as AM and PM snacks

**\$350.00 per registration**

**Checks Payable to:**

***Falana Coleman-Zamora/ Gwen Vana***