

# MEET YOUR TRAINER



## BRENDA MCGOWAN

Brenda McGowan is a **Nurturing Parenting Program** (NPP) National Trainer/Consultant and Vice-President of Programming at Crossroads Prison Ministries. She has a passion for developing collaborative, strong, and nurturing communities inside and outside prison walls.

Brenda comes with a wealth of knowledge and experience, having worked across systems to build public-private partnerships within the US and in over 20 countries, primarily in criminal justice reform and effective family programs. She began her career in criminal justice reform while serving as an advisory council chairperson for the St. Joseph County Michigan Prison Reentry Initiative in 2006. Brenda completed her NPP Facilitator Training while working as St. County, MI Parent Educator serving on Michigan Department of Child Protective Services 19 years ago. In 2013, she became a National Trainer and Consultant. Before coming to Crossroads Prison Ministries, she served with Prison Fellowship as a director, serving in twenty-six states. Brenda later served as the national director of church and community engagement. She also piloted Nurturing Parenting Programs in three Georgia prisons for residents, youth parents, and staff in the Department of Juvenile Justice. Brenda holds a BA in family life education from Spring Arbor University and an MPA from Walden University.

When she is not working, you can find her tending to her plants, bird watching on the sun porch with her husband, or enjoying family time with her four adult children and five grandchildren.

# TRAINING INFORMATION



+1 (404) 481.8208



MONDAY, DECEMBER 28TH, 2020  
AT 8:30 AM  
TO WEDNESDAY, DECEMBER  
30TH, 2020 AT 4:00 PM



**COST OF TRAINING: \$325**  
[CLICK HERE TO REGISTER](#)



# NURTURING PARENTING PROGRAMS®

THREE-DAY FACILITATOR TRAINING  
WITH

**BRENDA MCGOWAN, NPP  
NATIONAL  
TRAINER/CONSULTANT**





## TRAINING INCLUDES

Hands-on and practical approach to conducting home and group-based Nurturing Programs that includes facilitating weekly sessions, how to use program materials, videos, and assessment tools, children's and parents' program activities, icebreakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, building self-esteem, self-concept and empathy in parents and children. This is an interactive, learner-centered workshop with opportunity for practice.

## WHO CAN BENEFIT?

Professionals and paraprofessionals working in education, mental health, juvenile probation, violence prevention, child welfare, school systems, treatment facilities, social work, and social services.

The Nurturing Program and the philosophy behind the program have successfully been utilized by:

- Home-Based Service Providers**
- Youth Residential Centers**
- Domestic Violence Centers**
- School Districts**
- Mental Health Treatment Centers**
- Therapist and Counselors**
- Drug and Alcohol Treatment Centers**
- Child Protective Services and Foster Parents**
- Juvenile Detention and Probation**
- Correctional Facilities**

*Each participant receives a Certificate acknowledging successful 24 hours completion of a Facilitator Training in the Nurturing Parenting Programs®*



## PARTICIPANTS WILL LEARN:

- Philosophy of Nurturing Parenting
- Five parenting constructs of abuse/neglect
- Impact of maltreatment on brain development
- How to assess high-risk parenting beliefs
- How to tailor programs based on family's needs
- How to gather process evaluation data
- How to evaluate pre and post program impact
- How to implement home and group based models
- Facilitation skills to improve parent engagement and retention