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# Nurturing Parenting Programs<sup>®</sup>

## Three Day Facilitator Training

with

Nanci Vargas, LMFT #98458

Nationally Recognized Nurturing Parenting Trainer/Consultant

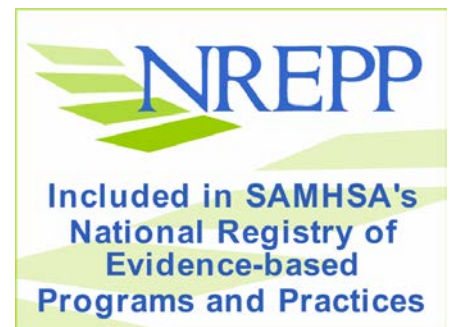
# Inglewood, California

June 3, 4, & 5, 2019

(Los Angeles County)

### In three days, participants will learn:

- the philosophy of Nurturing Parenting;
- the five parenting constructs of abuse/neglect;
- the impact of maltreatment on brain development;
- how to assess high risk parenting beliefs;
- to tailor make programs based on family's needs;
- to gather process evaluation data;
- to evaluate pre-post program impact;
- to implement home, group program models



Learn how to implement **competency-based** Nurturing Parenting Programs to meet the *specific parenting needs* of families.

The Nurturing Parenting Programs meet and exceed the **Six Protective Factors** identified by the U.S. Government for the prevention and treatment of Child Abuse and Neglect.

The Nurturing Parenting Programs are proven, evidence-based, family focused programs first implemented in 1985 and recognized by national and state agencies for their effectiveness in preventing and treating child abuse and neglect.

## WORKSHOP DESCRIPTION

The three day workshop will focus on understanding the philosophy of nurturing parenting, assessing high risk parenting beliefs and environments, creating competency based parenting lessons and programs tailored to meet the individual parenting needs of families, and implementing programs at the primary, secondary and tertiary levels of prevention. Participants will also learn how to monitor the success of families through on-going process evaluation strategies designed to measure the attainment of parenting knowledge and skills.

Participants will experience hands on approach to implementing Home Based, Group Based and a combination Home-Based/Group-Based program models, learn how to administer and score the online versions of the Adult-Adolescent Parenting Inventory (AAPI-2) and the Nurturing Skills Competency Scales (NSCS), and how to select the best Nurturing Program model for your agency.

## 10 PRINCIPLES OF NURTURING PARENTING

1. Human behavior is multi-dimensional: cognitive; affective and neurological.
2. Our Nature is influenced by positive and negative Nurture experiences.
3. Early childhood experiences literally become the building blocks for life.
4. Positive and negative life events carry both affective and cognitive cellular memories
5. Nurturing instruction is based on psycho-educational and cognitive-behavioral approaches to learning.
6. Nurturing Parenting embraces the theory of re-parenting.
7. Nurturing oneself as a man or woman is critical in becoming a nurturing father and mother.
8. There is a difference between our “being” (who we are) and our “doing” (roles and responsibilities)
9. Self-awareness and acceptance of past events in childhood are critical aspects of empowerment.
10. Adult learning is based on the assumptions of andragogy: adult’s need to know, self-concept, experience, orientation to learning, readiness to learn and motivation to learn.

Since 1985, over one million families have participated in the Nurturing Parenting Programs worldwide.

# Workshop Details

Please email Registration form to: [NanciVargasMFT@gmail.com](mailto:NanciVargasMFT@gmail.com)

Dates: June 3, 4, & 5, 2019

Cost: **\$375 per person** (continental Breakfast included)

*\$400 per person after the deadline May 25, 2019*

Location: County of Los Angeles Public Library  
Lennox Library  
4359 Lennox Blvd.  
Inglewood, CA 90304

Local number: 323-364-4640

Times: 8:45 to 9:00 Sign-in (first day only)  
9:00 to 4:00 training with one hour break for lunch (on your own)

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Each workshop participant will receive a **Facilitator Training Workbook**, additional **Workshop Training Handouts**, a **Lesson Outline and Program Schedule**, and a summary document of **Multicultural Parenting Beliefs and Practices**. Each participant also receives a **Certificate** acknowledging Facilitator Training in the Nurturing Programs.

## Registration Form

**Nurturing Parenting Program Facilitator Workshop**

June 3, 4, & 5, 2019

**MAIL THIS FORM**, along with your registration fee payable to:

**Nanci Vargas, LMFT**

15001 S. Western Ave. Gardena, CA 90249 Suite A

Mobile: 323-364-4640; Email: [nancivargasmft@gmail.com](mailto:nancivargasmft@gmail.com)

Registration Deadline: May 25, 2019

Multiple registrations: Fill out one registration for each participant

Agency \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

- Confirmation will be sent via email.
- Inquire if site is handicap assessable.
- No refunds for cancelations.
- All Paid fees are transferable for a future NPP training or staff member.

**Make Check Payable:**

**Nanci Vargas, LMFT**



Nanci Vargas is a Licensed Marriage and Family Therapist. She graduated from Cal State Long Beach with a Bachelors in Psychology and Spanish, and holds a Masters in Psychology with an emphasis in Marriage and Family Therapy. She has more than 15 years of experience working in the social services field as a social worker and therapist.

Ms. Vargas is a proud Southern California native from Lennox, CA. As the second oldest child of six, Ms. Vargas took on the role of a care-giver at an early age, and began working to help her low-income Mexican Immigrant parents. At age 18, Ms. Vargas became a single teen mother, and although it was challenging, she managed to double major in college AND finished grad school while also working a full-time job.

She previously trained in the Nurturing Parent Programs with Dr. Stephen Bavolek and Sonya Thorn. Her passion for the Nurturing Program grew when she began to notice the improvement on her parenting skills, and noticed the positive effects it had on her relationship with her now-18 year old son, Natanael.

For the last five years, Ms. Vargas has been facilitating Nurturing Parenting groups and in-home visits. In the last two years she became a Nationally Recognized Nurturing Parenting Trainer/Consultant. She has provided 3-day trainings for DCFS contracted agencies with Los Angeles & San Bernardino Counties and nationwide for individuals and agencies. She uses her enthusiasm, energy, and experiences to transmit the NP philosophy in order to help others increase their empathy and provide the support to the participants who will enroll in NP programs.

Additionally, Nanci supports new NP facilitators, National Trainers, and plays an integral role in the training, successful implementation of the Nurturing Parenting classes, and assessing parents. Based on the needs of the community, Nanci also offers, specialized trainings for Nurturing Parenting Facilitators: Nurturing Father's Program, NP for Parents and their Children with Special Needs and Health Challenges, Parents and Adolescents, Implementation trainings, and Crianza con Carino (for Spanish speaking facilitators).

## **.Nurturing Parenting Program Facilitator Training June 3, 4, & 5, 2019, Inglewood, California**

### **Training Location:**

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Inglewood, CA 90304  
Local number: 323.364.4640

