

MEET YOUR TRAINERS



BRENDA MCGOWAN

A proud native from the south side of Chicago, Brenda has a passion for building collaborative, strong and nurturing communities both inside and outside prison walls. Brenda graduated from Spring Arbor University with a BA in family life education. She obtained her Master of Public Administration from Walden University. In 2001, Brenda was trained to facilitate Nurturing Parenting Programs with the Michigan Department of Child Protective Services. In 2013, she completed requirements to become a National Trainer and Consultant for Nurturing Parenting Programs. Since 2006 Brenda has worked across systems to build public-private partnerships in over 29 states primarily in the field of criminal justice reform and evidence-based family program. She has piloted Nurturing Parenting Programs in 3 Georgia prisons for residents and staff and youth parents and staff in the Department of Juvenile Justice. She currently serves as the Vice-President of Programming with Crossroads Prison Ministry.



NURTURING PARENTING PROGRAMS®

**THREE DAY FACILITATOR TRAINING
WITH**

BRENDA MCGOWAN
Nurturing Parenting
Program 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

School Districts

Mental Health Treatment Centers

Therapist and Counselors

Drug and Alcohol Treatment Centers

Child Protective Services and Foster

Parents

Juvenile 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