

## 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 Nurturing Programs® with CPS clients. She has instructed over 700 parents.
- In 1999, Valerie became a Nationally Recognized Trainer/Consultant in the family-based Nurturing Parenting Programs® and began conducting Facilitator Trainings. Since that time, she has trained over 900 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, Inc.

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](http://www.nurturingparenting.com)



## The Nurturing Parenting Programs *Parenting the Nurturing Way*



### PRIMARY

#### Prevention-Education

Prenatal Families  
ABC's for Parents & Their Children 5 to 8  
Parents & Their 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: School-Based Programs (K-12)

### 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

### SUPPLEMENTAL PROGRAMS

Gay, Lesbian, Bisexual, Transgender Families  
Native American Parenting



# Nurturing Parenting Programs® Facilitator Training

With

**Valerie Gemanis**  
Nationally Recognized Trainer/Consultant  
The Nurturing Parenting Programs®

**Dates:** April 7, 8, & 9, 2020  
(3 days)

**Cost:** \$280

**Location:** San Joaquin  
College of Law  
901 5<sup>th</sup> St.  
Clovis CA 93612  
(next to 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: 8:15 AM Registration (*Day 1 only*)  
8:30 – 11:30 Training Session (*lunch on your own*)  
12:30 – 4:15\* Training Session (\*on Day 3, we will be done by 4:00 PM)

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. Fee does not include teaching materials, DVDs, etc. need to facilitate the Program to parents. **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. Trauma-informed care defines "empathy" which is the cornerstone of the Nurturing Parenting Program. Initial research and development for the Nurturing Parenting Programs occurred in the early 1980s. National implementation began in 1985. Over the past 30 years, about 14,000 agencies have implemented NPP worldwide, reaching an estimated 2 million families. Approximately 30 studies have been published or described in evaluation reports. Nurturing Parenting Program are currently being implemented worldwide.

## Adult-Adolescent Parenting Inventory

The AAPI is an inventory designed to assess the parenting and child rearing attitudes of adult and adolescent parent and pre-parent populations. Responses provide an index of risk for practicing behaviors known to be attributable to child abuse and neglect. For more info, visit [www.assessingparenting.com](http://www.assessingparenting.com).

## Nurturing Skills Competency Scale

The NSCS is a comprehensive criteria referenced measure designed to gather demographic data of the family, as well as knowledge and utilization of Nurturing Parenting practices. The data generated from the pre-post administration allows parents and staff an opportunity to measure changes in family life, knowledge and utilization of Nurturing Parenting practices. For more info, visit [www.assessingparenting.com](http://www.assessingparenting.com).

## Parenting Attitudes about Raising Teens Inventory

PARTI assesses the parenting beliefs and practices of raising adolescents. One version for the Parents and one version for the Teens allows for observation in similarities and differences, assessing parents and teens, teens only, parents only, and expectant Teen partners.

## Philosophy of Nurturing Parenting

## Registration Form

### Nurturing Parenting Program Facilitator Workshop

**April 7, 8, & 9, 2020 (3 days)**

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](mailto: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.)

**\$280 per registration**

Method of Payment made out to

**Valerie Gemanis:**

\_\_\_\_\_ Check enclosed

\_\_\_\_\_ Money Order enclosed

**Refund policy:** If you cancel on or before 3 weeks before training, 100% refund. If you cancel after that, we will work something out.

(Should be no problem if I can fill vacancy from wait list.)

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).