

About the Trainer

Charlene Gardner started her career with obtaining her BSW in 2004 with an emphasis in Child Welfare. She was introduced to teaching parenting classes during her internship. After graduation Charlene obtained her first position in a child welfare setting investigating child abuse and neglect issues as well as carrying ongoing cases.

In 2007 Charlene became a facilitator for the Nurturing Parenting Program and started to teach this program in both a group and individual format. Charlene then obtained her MSW in 2008 and continued her position within child welfare however was able to work with families on a more individualized basis in regards to attachment and bonding in an effort to assist with a faster reunification. In Florida she has had the pleasure of working in both the mental health and substance abuse fields in a clinical role as well as advocating for clients in the legal (both criminal and child welfare) arena.



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Philosophy of Nurturing Parenting

- ◆ Founded on seven principles:
- ◆ Feelings of Attachment
- ◆ Empathy
- ◆ Nurturing Oneself
- ◆ Gentle Touch
- ◆ Discipline
- ◆ Expressing Feelings
- ◆ Expectations and Self-Worth



Nurturing Parenting
Established 1983

For more information, questions and to confirm your attendance, contact Charlene Gardner, 239-939-2808 or cgardner@cac-swfl.org



Nurturing Parenting Program Facilitator Training

Charlene Gardner, LCSW,
Trainer/Consultant
March 10-12, 2021
A Virtual Training
Fee \$300



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Learn the philosophy and goals of Nurturing Parenting and how to implement and facilitate the group and home-based Nurturing Parenting Program. Participants will receive a training manual and certificate of completion.

Three Levels Prevention & Session Dosage

The Nurturing Parenting Programs are designed to meet the family's needs based on their parenting strengths and weaknesses. Nurturing Parenting Programs are designed for each of the three levels of prevention, commonly recognized in the fields of social work, mental health, and medicine: primary, secondary and tertiary. Dosage is a term used to indicate the number of sessions or length of a program. Dosage is also related to the three levels of prevention.

Primary Prevention—Education

Designed to empower individuals and families with new knowledge, beliefs, strategies and skills to make good and healthy lifestyle choices. Programs at this level are generally short-term, approx. 5 to 18 sessions (dosage) in length.

- ◆ Prenatal Families
- ◆ ABC's for Parents & Their Children 5-8
- ◆ Parents & Their Children w/Special Needs & Health Challenges
- ◆ Community Based Education (CBE) in Nurturing Parenting
- ◆ CBE-Military Families
- ◆ CBE-Alcohol & Kids Don't Mix
- ◆ CBE-Alcohol, Anger & Abuse
- ◆ CBE- Teen Pregnancy Prevention
- ◆ School-Based Program

Secondary Prevention—Intervention

Designed for at-risk youth and teen parents, as well as parents and families experiencing mild to moderate levels of individual and family dysfunction. Programs in this range work on stopping the dysfunction and engaging individuals and families in the process of building positive nurturing beliefs, knowledge and skills.

- ◆ Nurturing Skills
- ◆ Nurturing Skills for Teen Parents
- ◆ Nurturing America's Military Families

Tertiary Prevention—Treatment

Designed for families referred for parenting education by Social Services/Mental Health for child abuse and neglect and/or family dysfunction. Tertiary level programs "treat" abusive and neglecting parent-child or parent-teen dysfunctional interactions through a process called "re-parenting." In re-parenting, parents increase their understanding of the abuse and neglect they experienced as children and how these parenting beliefs and patterns were passed on to their children.

- ◆ Young Parents & Their Families
- ◆ Hmong Parents & Adolescents
- ◆ Parents & Their Infants, Toddlers, Preschoolers
- ◆ Parents & Their School-Aged Children
- ◆ Parents & Adolescents
- ◆ Families in Substance Abuse Treatment & Recovery
- ◆ It's All About Being a Teen

Workshop Description

9 am-12 pm Training Session
12 pm-1 pm Lunch Break
1 pm-4 pm Training Session

This 3-day 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.

This hands-on approach to conducting in home- and group-based Nurturing Programs includes:

- ◆ facilitating weekly sessions
- ◆ how to use program materials
- ◆ videos and assessment tools
- ◆ children and parents 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