

# MEET YOUR TRAINER



## BRENDA MCGOWAN

Brenda McGowan is a nationally recognized Nurturing Parenting Program (NPP) Trainer/Consultant who has worked cross culturally to train thousands of mental health professionals, Pre-K-12 educators, child welfare workers, residential treatment program staff and organizational leaders in twenty-four countries to build a worldwide culture of nurturing. Brenda completed her NPP Facilitator Training in 2001. She became a NPP nationally recognized trainer/consultant in 2012.

She began her career in family life education and advocacy while serving as chairperson of the Education Support Agency. She worked alongside superintendents, intermediate school districts, and early childhood education and care advocates to improve family well-being and build equity in education. In 2004 she began to serve the countywide human services commission as a Parent Liaison with the Great Start Collaborative Parent Coalition to train and engage parents in advocating for critical early childhood and care services. This statewide movement eventually became the foundation for the Michigan State Office of Great Start.

In 2013 Brenda accepted the call to action to build collaborative and nurturing communities with continuum of care providers to eradicate the cradle to prison pipeline through evidence-based, trauma informed and family centered parenting education that reduces child abuse and neglect. This passion led her to train staff and volunteers to establish Nurturing Parenting Programs in prisons and residential treatment facilities. Today staff and volunteers facilitate groups in Georgia state prisons for adults, and residential treatment facilities for teen parents within the Department of Juvenile Justice. As a national director of church and community engagement, Brenda continued to collaborate with and build the capacity of church leaders to eradicate the "cradle to prison pipeline" through mentoring children whose parents are incarcerated. In 2018 she became vice-president of domestic and international programs providing oversight and building capacity of leaders and over 5000 mentors around the world to implement nurturing and sustainable restorative justice programs.

Brenda has since become certified to facilitate Cultural Intelligence (CQ) workshops. She collaborates with individuals and organizational leaders to their capacity to function across both domestic and international cultures to increase family cohesion, engagement and nurturing parenting skills. Brenda holds a BA in Family Life Education from Spring Arbor University and a Master of Public Administration from Walden University.

She enjoys her time at home in Georgia nurturing her plants and a 29-year marriage to Robert, 4 adult children and 5 grandchildren.

# TRAINING INFORMATION



+1 (404) 481.8208



WEDNESDAY, JUNE 8TH, 2022  
AT 8:30 AM EST  
TO FRIDAY, JUNE 10TH, 2022 AT  
4:30 PM EST



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



# NURTURING PARENTING PROGRAMS®

THREE-DAY FACILITATOR TRAINING WITH

**BRENDA MCGOWAN, NATIONALLY RECOGNIZED NURTURING PARENTING PROGRAM 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**
- Faith-Based Organizations**

*Participants receive a Certificate upon completion of 18 hours of 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