



Hand in Hand Services

Talks

Patty Wipfler, Hand in Hand Founder, and many other talented professionals from our organization are available to give talks for parents, caregivers or others interested in family relationships on specific subjects. A partial list of topics includes:

- Raising Emotionally Healthy Children
- Handling Children's Emotional Moments
- Setting Limits that Build Better Relationships
- Sibling Solutions
- Banishing the Bogeyman! Healing Children's Fears
- Handling Children's Emotionals in Public Places
- Biting, Pushing, Pulling Hair: Helping Children with Aggression
- Healing the Hurt of Separation
- That's **Mine!** Helping Young Children with Sharing
- Sleeping, Eating, Minding Mommy and Daddy: Who's in Control?
- Helping Children Play Well Together
- Helping Your Child with Learning and School
- Bouncing Off the Walls: Helping the Overactive Child
- Inoculating Our Children Against Racism
- Building Support for Your Work as a Parent
- Looking Toward Adolescence: Staying Close and Staying Hopeful

Tantrum Training

This 3-week class for parents or caregivers of young children, won high praise from the 100 parents who participated in the pilot program. We'll look at the causes of children's tantrums, and you will have the opportunity to use 4 "Listening Tools" that will assist you in setting necessary limits with the warmth and authority your child needs. Participants are expected to try the skills at home with their own children after the first and second classes, and class will be interactive. We build supportive connections between parents, and teach skills that will help parents throughout their parenting careers.

This class is taught in 2-hour sessions for parents and in 2 1/2-hour sessions for caregivers.

This class is geared toward parents of children 0-6.

Up to 12 parents/caregivers.

Set of four *Listening to Children* booklets and *Parent Handbook* included.



Building Emotional Understanding

This class is for caregivers and parents who want to build emotional understanding with their children from 1-1/2 years through school age. Essential tools of parenting are taught in this class. Researchers have called these skills the “super-protective factor” which leads to positive adolescent outcomes and happy, productive lives for children.

Participants reflect on their current parenting and develop a Family Connection Plan, as they build personal support for the important work of parenting within their families and the community. Each class participant will be expected to use "Listening Tools" on a regular basis between classes, and experiences will be shared, creating a broad base for learning and mutual support.

This class is taught in 2-hour sessions for parents and in 2 1/2-hour sessions for caregivers.

This class is geared toward parents/caregivers of children birth through 12.

Up to 12 parents/caregivers.

Set of six *Listening to Children* booklets and *Parent Handbook* included.

Adolescence Preparedness Training

A 4-week class for parents, educators and others who work with youth 11-15.

Pre-teens need their parents to reach out for a genuine connection. Think for a minute about why you want to be close to your soon-to-be-teenager. This class will help you explore how to build strong connections with your "tween" that will sustain you both well beyond any up-coming storms in your relationship. This class provides a time to hone your connection strategies because you want your life and your child's life to be good, and good together. We will focus on practical parenting tools and communication skills which will serve you in all your relationships, especially with your family.

This class is taught in 2-hour sessions for parents and in 2 1/2-hour sessions for educators and youth workers.

This class is geared toward those with children 11-15, but younger and older children can also benefit when adults develop these skills.

Set of six *Listening to Children* booklets and *Supporting Adolescents* included.

Hand in Hand

www.handinhandparenting.org

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650-322-5323



Support Groups/Skillbuilding Groups

These groups are for parents/caregivers who are already familiar with Parenting by Connection, or are willing to read the materials as they enter the class. Groups can be arranged at your location for six weeks at a time and may be renewed throughout the year.

Family Fun Days

These parent-child workshops help families practice connecting, enjoying one another, allowing children positions of power through play. Parents are coached to set limits with warmth and to handle emotional moments constructively in a positive, supportive environment.

Targeted Workshops

Hand in Hand is available to lead targeted workshops that focus on the needs of adolescents, foster parents, adoptive families, preemies, special needs children, teen parents, mother's with postpartum depression, divorced families, step-families, and more. Contact us about how we can customize a workshop for the population you want to serve and we'll work together to meet your goals.

Consultations

Many parents, in addition to reading and trying the ideas about listening to children outlined in our classes and pamphlets, find that a little one-on-one time to talk about applying these tools to their unique family situation is a great boost to their ability to use our approach. Hand in Hand offers personal consulting services by phone (and/or in-person in Northern California).

Hand in Hand consultations are conducted by a Hand in Hand professional who has substantial experience using the Parenting by Connection approach. It is a confidential parent-to-parent consultation, not treatment from a therapist. Consultation fees are \$50 for the first half an hour, \$15 for each quarter hour thereafter, per call. To schedule a consultation, please call (650) 322-5323.



Fees

Talks

Parent education talks are generally two hours long, 30 minutes of which is devoted to parent questions.

Customization of talk topics is provided free of charge.

Handouts related to the talk topics are given to each participant.

Booklets, CD's, DVD's and other materials are available for sale after talks.

Weekday evening talks by Certified Hand in Hand professionals, \$250.

Weekday evening talks by our Program Director, Julianne Idleman, \$350.

Weekday evening talks by our Executive Director, Patty Wipfler, \$425.

Certain talk topics are also provided by Hand in Hand Volunteers and Certification candidates for an optional honorarium to meet any budget. Please schedule early as volunteer availability is limited.

Classes

Tantrum Training, three weeks:

10 to 12 parents, \$1050

10 to 12 caregivers, \$1250

Includes 2 instructors, literature and materials for each parent.

Building Emotional Understanding, six weeks:

10 to 12 parents, \$2100

10 to 12 caregivers, \$2400

Includes 2 instructors, literature and materials for each parent.

In Development

Adolescence Preparedness Training, four weeks:

6 to 24 parents, \$1400

6 to 24 educators, \$1600

Includes 2 instructors, literature and materials for each parent.



Workshops

Customized workshops for small groups (5-25) are available in half-day, full-day and day-and-a-half formats. Prices vary according to group size and skill-level of material presented. Large group presentations can also be arranged.

Half-day workshop \$1,000 - \$2,500
Full-day workshop \$1,500 - \$3,000
'Weekend' workshop \$2,200 - \$4,500

Overbooked classes

Hand in Hand is willing to try to accommodate overbooked *Building Emotional Understanding* classes with notice of at least ten working days. The additional charge for overbooked classes is \$1,000 if the class has 13 to 18 participants or \$2,000 if the class includes 19 to 24 participants.

Billing

A deposit of 50% reserves your event schedule. The balance of the invoice is payable at the start of your class or event. If you need special billing or contract verifications, please let us know when you schedule your Hand in Hand event.

Rescheduling or Cancellation

Hand in Hand carefully matches the needs of your program with the skills and schedule of our Certified Instructors. Their time is valuable to us and the many parent programs that rely on their support.

Should your program require rescheduling within 30 days of the class' scheduled start date, there will be a \$100 administrative fee added to the class invoice. If your program needs to reschedule or cancel within 14 days of the class' scheduled start date, there will be a reschedule/cancellation charge of 50%. Rescheduled or cancelled classes changed within seven days of the class' scheduled start date will be charged the full class fee.