Price Sheet

**Specialized Parent Education Classes ($45 each 50 minute in-person/virtual)**

Classes comes in sets of 5-10 classes. Classes are recommended from Parental Capacity Assessment and may include a combination of classes. Parents receive concrete strategies for establishing appropriate and realistic expectations, responding to, and managing their child’s needs and behaviors, and developing norms for healthy family communication and teamwork. Once parent completes set of classes recommended, they will receive certificate. Each parent will also receive relevant resource lists and assistance with building community support.

* **Basic Parenting Class** – focuses on developmental stages of childhood and the effects of environmental factors on child development. Also covers parenting styles and outcomes of each. (3 in set)
* **First Time Parenting Class** – Education classes given to expecting parents. Covers safe sleep, local resources, and preparing the home, family, & schedule for new babies. Covers what to expect and things you should know. (3 in set)
* **Single Parent Education Class**- Education Classes that cover strategies & techniques for juggling parenting, providing, and self-care. (3 in set)
* **Co-Parenting Education Class** – Parenting education classes that address developmental and emotional needs of children split between homes and parents. Highlights the importance of each parents’ responsibility in providing nurturing non-threatening environment. (3 in set)
* **Divorcing Education Class** – is an education classes for parents involved in divorce or separation only. Addresses impacts of divorce and direction on parenting during divorce/separation. (3 in set)
* **Special Needs Parenting Class**- Education classes factors involved in parenting special needs; navigating medical service, specialized services, stigmas of special needs, self-care, developing supports and resources, etc. (3 in set)
* **Toddler Age Parenting Class** – Education classes highlighting toddler aged dynamics; potty training, sleep schedule, daycare, supervision, discipline, etc. (2 in set)
* **School Aged Parenting Class** - Education classes highlighting school aged dynamics; attendance, academics, extra-curricular activities, morning routines, chores, exposure to media, choice of friends, supervision, discipline, etc. (3 in set)
* **Teenage 101 Parenting Class**- Education classes highlighting adolescent stage development; sexual behavior, language, curfew, clothing, identity, money, dating, peer relationships, alcohol & drugs, extra-curricular activities and /or employment, chores, college, discipline, etc. Work to prevent teen rebellion, assist in building rapport with teens, and how to present sexual education for teens to your teen (3 in set)
* **Behavioral Management Parenting Class** – Educational classes addressing managing behavioral issues in the household, exploring effectiveness of various discipline methods, how to deescalate and diminish behaviors. (2 in set)
* **Trauma Exposed Parenting Class** – Educational classes that addresses how to be protective, importance of therapeutic services, acting responsibly when child discloses trauma, and how to create a buffer system to prevent further trauma. (3 in set)
* **Blended Family Parenting Class** – Educational classes covering developing set family rules, managing conflict, working as a team, identifying disciplinarian, visitation agreements, etc. (1 in set)
* **Mental Health Management Parenting Class** – Educational classes that build skills in caring for children who deal with mental health issues. We cover diagnosis, medications prescribed and natural things that help, medical appointments, what to expect, behaviors, triggers, etc. (3 in set)

**Therapy ($85 an hour)**

Our therapeutic services are recommended in our assessments and catered to each individual needs.

Individual Therapy

Couples Therapy

Group Therapy

**Anger Management Classes** ($45 per class) – Classes that assists individuals in gaining a better understanding of their emotions, managing stress more effectively, improving coping skills, and dealing with conflict. (Standard set of 10, maybe recommended more due to situation)

**Life Skills Classes** (Free to the community) – Monthly classes that build adult life skills. Focused on one concentrated area a month. Free to the community.

**Empowerment Classes** (Free to the community)-Monthly classes surrounding character building. Examples include self-love, mindset, learning your purpose, etc. Board approved only.

**Assessments** ($965)

**Child & Family Comprehensive Assessment** – Comprehensive child and family assessment that assesses the whole family and presenting issues and the impact on the child/ren in the context of the whole family. The assessment informs support and planning for the child/ren and their family. The assessment gives direct recommendations on providing safety and permanency for the children included, and ensuring the children thrives.

**Domestic Violence Assessment** –Assessment that gages the level of domestic violence present, the impacts on family dynamics, and provides recommendations on navigating a domestic situation and beginning to heal from the traumas associated with domestic violence.

**Anger Management Assessment** – Assessment that assesses the level of anger management skills required to live a functional & social healthy life.

**Parental Capacity Assessment** - A comprehensive assessment to identify a parent's strengths and needs as well as aspects of a parent's lifestyle and habits that may impact their ability to properly parent their child.