



Community Education

caPa Training and Education Programs

Second Step Child Protection Unit

This Personal Body Safety curriculum is a school-based prevention program for children Pre-K through grade 5. The program specifically focuses on three areas: Personal Safety; Touching Safety (safe/unsafe touches, saying no, telling an adult); and Assertiveness and Support (standing up for yourself, saying no, speaking out and finding support).

Sessions are offered to classes once a week for 20-25 minutes for a duration of 6 weeks.

Mandated Reporter Training

This training is offered to community groups and professionals working with children and families. Topics include 1. Understanding your role as a mandated reporter; 2. Learning to recognize indicators of abuse and neglect; and 3. When, where and how to report abuse to the authorities.

Strengthening Families

This 9-session program involves families of school-age children (6 to 11 years old) to increase resilience and reduce risk factors. It seeks to improve family relationships, parenting skills, and youths' social and life skills. Each session consists of 2 hours for both parents and children. Parents and children meet separately during the first hour, and in the second hour they come together for a structured parent-child interaction that provides opportunities to practice learned skills.

Family meals are provided during this evening program.

Parenting Skills

In this 3-session series (currently offered virtually via Zoom), participants will learn problem solving, communication, setting limits, rewards, noticing and ignoring behavior, how to handle stress, and parenting self-care. The focus is on encouraging positive behavior through building the parent-child connection. Parents learn how to understand and respond to a child's cues so they can be more attentive to their needs.

This class is designed for parents only.



Classes are free of charge, but require advanced registration.

To learn more, contact:
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