



Community Education

At CAPACares, we believe every child and every family deserves the chance to grow, heal, and thrive. Our education and prevention programs help kids build confidence, families strengthen their connections, and communities come together to keep children safe.

Second Step® Social & Emotional Learning: Second Step® is a social-emotional learning program that helps kids and teens build essential life skills like managing emotions, showing empathy, and solving problems. Teachers and staff can also take part in adult learning sessions to help reinforce these lessons and create positive, caring spaces for every child to succeed.

Stewards of Children®: Stewards of Children® is a two-and-a-half-hour training that teaches adults how to prevent, recognize, and respond to child sexual abuse. This evidence-informed program offers simple, practical actions anyone can take to create safer environments—at home, in schools, and throughout our community.

Parenting Skills: Parenting can be challenging, but you don't have to do it alone. CAPACares offers Parenting Skills Training to help families grow stronger and more confident. Topics include child development, positive discipline, communication, problem-solving, and self-care. Each session is designed to strengthen the caregiver-child bond and build lasting family connections.

Second Step® Child Protection Unit: The Second Step® Child Protection Unit is a curriculum that teaches children essential personal-safety skills to help prevent sexual abuse. Through age-appropriate lessons, children are taught how to understand personal boundaries, body safety rules, and the difference between safe and unsafe secrets. In addition to student lessons, the program includes staff training and parent resources so adults can reinforce safety practices and respond effectively to concerns.

Strengthening Families: The Strengthening Families program helps parents and children improve communication, solve problems, and build stronger relationships. Each meeting includes separate learning time for parents and children, followed by family practice time, often starting with a shared meal. Sessions focus on teamwork, connection, and celebrating family strengths.

Mandated Reporter Training: This training is for community members and professionals who work with children and families. Participants learn how to recognize signs of abuse and neglect, understand their responsibilities as mandated reporters in Missouri, and know when and how to make a report. Together, we can all play a part in keeping kids safe and supported.

Classes are free but advance registration is required.

To learn more, contact Community Education Manager Lindsey Neely at 816-601-0550 x 212 or lnelly@capacares.org

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