



C.O.P.E. Family Support Center

3000 Citrus Circle Ste. 220 Walnut Creek, CA 94598 (925) 689-5811

Triple P Parenting Classes for parents of children ages 0 – 19 years old.

CONTRA COSTA COUNTY - ENGLISH

Group Triple P (7 week) for parents of children 0-12 years old

January 20 – March 3, 2021

6:00 - 8:00 pm (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE (Some scholarships available) Cost: \$50 To Register: Please call (925) 689-5811

Supporting Father Involvement (8 week or 16 week) for fathers of children 0-19 years old

English –January 21- May 6th2021.

(conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Cost: \$35 or \$85 To Register: Please call (925) 689-5811
Free for father with Children 0-8 years old

Teen Triple P (7 week) for parents of teenagers 13 to 19 years old

January 21 – March 4, 2021

6:00 – 8:00 pm (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Cost: \$50 To Register: Please call (925) 689-5811

Family Transitions Positive Coparenting

Tuesday, January 12th 2021 (5 week) \$50

Monday, February 8th 2021 (12 week, includes Group Triple P) \$75

6:00 to 8:00 pm (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Cost: \$50 - \$75 To Register: Please call (925) 689-5811



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CONTRA COSTA COUNTY - SPANISH

Spanish Group Triple P (9 week) for parents of children 0-5 years old

Thursdays, January 14 – March 11, 2021

10:00 - 12:00 am (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

East County First 5 Center Cost: Free To Register: Please call (925) 301-4040

Spanish Group Triple P (7 week) for parents of children 0-12 years old

Thursdays, January 28 – March 11, 2021

3:00 - 5:00 pm (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Cost: \$50 To Register: Please call (925) 689-5811

Spanish Teen Triple P (7 week) for parents of teens

Tuesdays, January 26 – March 9, 2021

6:00 - 8:00 pm (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Cost: \$50 To Register: Please call (925) 689-5811

Spanish Family Transitions (5 week)

Currently Enrolling for the next session

6:00 to 8:00 pm (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Family Support Center in Walnut Creek Cost: \$75 To Register: Please call (925) 689-5811

Spanish Supporting Father Involvement (8 week) for fathers of children 0-19 years old

Begin January 23, 2021 9-11 am

(conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Cost: \$35 To Register: Please call (925) 689-5811
Free for father with Children 0-8 years old

Arabic Family Transitions (12 week) will include 7 weeks of Group Triple P

February 2021

6:00 to 8:00 pm (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Family Support Center in Walnut Creek Cost: \$75 To Register: Please call (925) 689-5811



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Teen Drug Education Classes

10-Hour Drug Education Program for Teens

Rolling Enrollment - Current series began on 11-9-2020.

6:00 – 7:00 pm Mondays (conducted by Zoom videoconferencing - Participants must use both video and audio when participating.)

COPE Family Support Center – Walnut Creek **Cost: \$180 (10 sessions)** **To Register: Please call (925) 689-5811**

All fees are one-time only

TRIPLE P POSITIVE PARENTING: Triple P – Positive Parenting Program is a proven evidence-based program used throughout the world to improve parenting skills and reduce child abuse. Triple P is delivered at family resource centers, homeless shelters, truancy courts and mental health programs throughout Contra Costa county, serving families with children ages 0 – 19. Triple P offers 5 levels of support: Campaigns to promote parenting classes; Brief seminars on specific parenting topics; Brief one-on-one interventions or discussion groups targeting specific behavior problems; In-depth parenting education and coaching; and Intensive family intervention and support.

FAMILY TRANSITIONS: Families going through a separation or divorce, that are experiencing unresolved conflicts or difficulty communicating effectively, will benefit from Family Transitions Triple P. The course is designed to assist parents in building and maintaining a healthy co-parenting relationship, while providing strategies to manage conflicts and stressful situations. This course includes a 7-week Schoolage Triple P program.

TEEN DRUG EDUCATION PROGRAM: If you are a teen who has received a ticket from Traffic Court for being in possession of alcohol or marijuana, this program will give you the tools you need to address and resolve the issues surrounding your infraction. You will complete ten (10) hours of drug education classes designed to help you understand the dangers of driving under the influence, the legal, social and physical aspect of alcohol and drug use as a life style and learn to make positive change



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