

# St. Mary's County Parent Education and Skill Building

## *Who's In Your Neighborhood?*

July 2014 - June 2015

### **Featured Programs:**

**Parenting with Love and Logic:** A FREE four-session program for parents of children birth through 18.

Contact: Susan Fox, School Counselor at Leonardtown Elementary School, (301) 475-0250, [sjfox@smcps.org](mailto:sjfox@smcps.org)

**NAMI Basics (National Alliance on Mental Illness):** A FREE six-session program for parents of children coping with mental illness ages 5-16.

Contact: shanda\_buckler@yahoo.com, ashworthj8899@gmail.com

**NAMI Parents & Teachers as Allies:** A FREE one-session program for parents, caregivers and teachers of children and adolescents coping with mental illness.

Contact: shanda\_buckler@yahoo.com, ashworthj8899@gmail.com

**Guiding Good Choices:** A FREE five-session program for parents and caregivers of children ages 8-14.

Contact: Matthew Reisdorph, Department of Aging & Human Services, (301) 475-4200x1681, [matt.reisdorph@stmarysmd.com](mailto:matt.reisdorph@stmarysmd.com)

Follow us on Facebook: [www.facebook.com/StMarysGuidingGoodChoices](http://www.facebook.com/StMarysGuidingGoodChoices)

**Staying Connected with Your Teens:** A FREE five-session program for parents of adolescents aged 12-17.

Contact: Matthew Reisdorph, Department of Aging & Human Services, (301) 475-4200x1681, [matt.reisdorph@stmarysmd.com](mailto:matt.reisdorph@stmarysmd.com)

**Play & Learn Family Workshops:** FREE weekly activity group for parents and their young children to build early learning and school readiness skills.

Contact: The St. Mary's Judy Center, (301) 863-4068

**CoParenting for Success:** A one-session class for parents dealing with divorce, separation or custody changes, offered one Saturday per month.

Contact: The Promise Center, (301) 290-0040, [info@thepromisecenter.org](mailto:info@thepromisecenter.org)

### **Other Programs**

**In-Home Behavior Management Program:** A six-session class taught individually in the home environment for parents and other caregivers dealing with concerning behaviors

Contact: The Promise Center, (301) 290-0040, [info@thepromisecenter.org](mailto:info@thepromisecenter.org)

**Dealing with Challenging Behavior:** A one-session class for parents and other caregivers with children ages birth through five.

Contact: The Promise Center, (301) 290-0040, [info@thepromisecenter.org](mailto:info@thepromisecenter.org)

**Mental Health First Aid:** This 8 hour training provides trainees ages 16 and up with the ability to recognize signs of mental illness and provide mental health first aid until appropriate professional help can be provided.

Contact: On Our Own, (301) 997-1066; or Walden Sierra, (301) 997-1300



***These materials were developed in partnership with:***

Commissioners of St. Mary's County  
The Department of Aging & Human Services

The St. Mary's County Health Department

Healthy St. Mary's Partnership

St. Mary's County Public Schools

Community Alcohol Coalition

St. Mary's County Libraries

New Family Network

Tri County Youth Services

Walden Sierra, Inc.

The Promise Resource Center

Department of Social Services

On our Own of St. Mary's County

For more information and materials contact the Department of Aging & Human Services at 301-373-4200, ext. 1680 or visit the Healthy St. Mary's Partnership Website:

[www.healthystmarys.com/parenteducation](http://www.healthystmarys.com/parenteducation)

With funding from SAMHSA, ADAA and the St. Mary's County Dept. of Aging & Human Services