

The Columbus Public Health Alcohol and Drug Services Prevention Program offers several free evidence-based education options for parents and caregivers.

Parenting Wisely

Using small group discussions, this skills-based program helps to develop effective child supervision and increase parent involvement for families with at-risk children. The impact of alcohol and drug use on parenting and the family relationship, the impact of childhood trauma on behavior, and coping skills also are discussed.

Each session consists of four or five 2-hour classes, meeting either virtually or in person. Participants must complete all classes and course documents to receive a certificate of completion. Virtual participants are required to have email and a web camera that is kept on during class.

To enroll in the next session, call 614-645-6843.

PAX Tools

PAX Tools is based on PAX Good Behavior Games providing participants with nine tools to utilize with youth to improve cooperation and self-regulation by creating a nurturing environment to help kids thrive. This 2.5 hour interactive seminar is held either virtually or in person. All participants will receive a PAX Tool Box and certificate of completion.

To schedule PAX Tools training, call 614-645-1342.

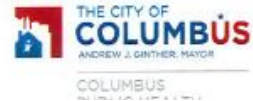
Note: This training is not available to school staff or teachers as it does not take the place of PAX Good Behavior Game.

Presentations

Speaking engagements are available upon request on topics such as:

- How to have the tough talk – discussing alcohol, drugs and sexual health with your children
- The impact of alcohol and drug use on children
- The six principals of parenting wisely

To schedule a presentation, call 614-645-1342.



PAX Tools
Training for Families & Caregivers

Learn simple strategies to help improve children's cooperation and behavior management.

PAX TOOLS TRAINING FOR PARENTS & CAREGIVERS

March 23 • 10 a.m.-12:30 p.m.

April 20 • 1-3:30 p.m.

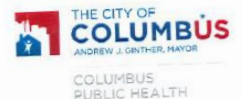
May 18 • 4-6:30 p.m.

- ▶ All trainings are online via Zoom.
- ▶ Call 614-645-6839 to register.

PAX tools is a set of strategies that can improve cooperation and self-regulation with children and create a nurturing environment to help kids thrive. All participants will receive a PAX Toolbox and certificate of completion.

This training is for parents and caring adults or caregivers, as well as professionals who work with children.

Questions? Call 614-645-6839.





Columbus Public Health's Alcohol and Drug Services (ADS) Prevention Program offers two options for families who want to participate in a parenting supportive education programing.

1. **Parenting Wisely** is an evidence-based program proven to develop effective child supervision and increase parent involvement for families with at-risk children. In addition to the topics covered by the curriculum we include how alcohol and drug use impacts parenting and the family relationship, impact of childhood trauma on behavior, and coping skills.

Outcomes of Parenting Wisely Include:

- Increased knowledge & use of positive parenting skills
- A decrease in child behavior problems
- Improved problem solving
- Enhances family communication
- Increases parental supervision and appropriate discipline

Parenting Wisely is offered both in person and virtually using ZOOM. Classes are discussion based small groups and sessions open every 4-5 weeks. Participants must complete each of the 4-5 classes in order to receive a certificate of completion along with class pre/posttest documents.

- In person classes meet once a week for 2 hours to include 5 classes.
- Virtual classes meet once a week for 2 hours to include 4 classes.
** Virtual Parenting Wisely participants must have email, internet and the use of a web camera. Links for the class will be sent once participants have completed paperwork and pick up their class workbook packets.

To register for **Parenting Wisely** call **614-645-6839**.

2. **PAX TOOLS** is a collection of evidence-based trauma – informed strategies to improve cooperation and self-regulation you youth. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive. PAX Tools is based on PAX Good Behavior Games providing participants with 9 Tools to utilize with youth.

PAX Tools is offered in a 2.5 hour seminar that is discussion based and interactive.

- Participants will receive a Tool Box with materials along with a certificate of completion.
- Note: this training does not take the place of PAX Good Behavior Game.

Call **614-6145-6839** to register for the following scheduled PAX Tools Trainings for Families and Caregivers

- March 23: 10 am – 12:30 pm
- April 20: 1-3:30 pm
- May 18: 4-6 pm

To schedule a **PAX Tools training** for your organization of caring adults who interact with children such as parents, caregivers, community professionals and volunteers call **614-645-1342**.

Programs are grant funded through ADAMH and are free to participate.

The opinions, products, activities and/or services of this organization are neither sponsored nor endorsed by the school district.”