



*Because no two families are the same...*

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## Parent Solutions

[www.PS-CA.com](http://www.PS-CA.com)

**Name of service:** Parenting without violence

**Explanation of service:** The parenting without violence class is designed to address multi-levels of violence. This curriculum addresses violence through a parent's and child's perspective and the affects on the family. While learning about the consequences of violence, participants will learn coping skills and different approaches that satisfies the family as a unit. This course is 8, 12, or 16 weeks in length and can be modified to accommodate most requests. A certificate is available upon completion and is recognized by the court. We have flexible hours due to individualized scheduling including days, evenings, and weekends in Morgan Hill and San Jose.

**How this works:**

These new approaches often include the parent learning a new pattern of communication, age appropriate discipline, compromise, and identify self-triggers. This service is curriculum based that covers the following:

- Desensitization
- Domestic Violence Awareness
- Youngest Victims
- Communication / Connection Building
- Healthy Relationships / Balancing Power
- Triggers for Violence
- Adult relationships
- Cycles of Abuse
- Thoughts vs Feelings
- Developmental Stages of Children
- Setting Rules
- Discipline vs punishment
- Family Unity

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16360 Monterey Road, Suite 270

Morgan Hill, Ca. 95037

408-292-4357

1625 The Alameda, Suite 207

San Jose, Ca. 95126

408-292-4357



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- Resolving Tension
- Hard Times
- Checking Your Values

**Schedule:** Flexible Monday-Saturday, days and evenings

**Location:** San Jose and Morgan Hill

**Language:** Spanish and English

**Cost:** \$90-\$165 per hour

**Availability to begin service:** Services can usually begin within 10 days of enrollment.

**Required to enroll:**

Provide the most current court order and the order for service if any.

Attorney information if applicable.

Complete and return all forms.

Provide retainer if applicable.

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