




P4P Dependency 201 Classes

Dependency 201 is an educational and skill building group including topics such as parenting, communication, healthy relationships, strengthening life skills, and ongoing support.

- **Who's invited?**
 - ANY parent that is involved in the Child Welfare System (CPS)
 - Parents strongly encouraged to attend Dependency 101 before attending 201
- **Where?**
 - All meetings will be held via Zoom.

Zoom Meeting ID: 481 584 3780
Passcode: 37p4pclass

- **Class dates/times:**
 - Thursday, October 7th, 2021 1:30pm-2:30pm
TOPIC TO BE DISCUSSED: Communication
 - Thursday, October 14th, 2021 6:30pm-7:30pm
TOPIC TO BE DISCUSSED: Trauma
 - Thursday, October 21, 2021 1:30pm-2:30pm
TOPIC TO BE DISCUSSED: Self Care
 - Thursday, November 4th, 2021 1:30-2:30
TOPIC TO BE DISCUSSED: Boundaries
 - ****Wednesday, November 10th, 2021 6:30-7:30****
TOPIC TO BE DISCUSSED: Self Care and the Holidays
 - Thursday November 18th, 2021 1:30-2:30
TOPIC TO BE DISCUSSED: Transitioning Toward Reunification
 - Thursday, December 2nd, 2021 1:30-2:30
TOPIC TO BE DISCUSSED: Goal Setting and Time Management
 - Thursday, December 9th, 2021 6:30-7:30
TOPIC TO BE DISCUSSED: Dependency Process
 - Thursday, December 16th, 2021 1:30-2:30
TOPIC TO BE DISCUSSED: Visitation
 - Thursday, December 30th, 2021 1:30-2:30
TOPIC TO BE DISCUSSED: Case Planning

****Please contact Johni Gibson 360-820-7419 with questions or to confirm your attendance****

