



Helping Professionals and Social Workers

Continuing Education & Customized Training

Five Easy Registration Options

- **Online:** century.augusoft.net
- **Phone:** 651.779.3341
- **Fax:** 651.779.5802
- **Mail to:** Century College, CECT Dept.
3300 Century Avenue North
White Bear Lake, MN 55110
- **In Person:** East Campus
Mon–Thu 8 am–7 pm
Fri 8 am–4 pm

Questions?

Contact **Anne Turnbull, MSW**
Helping Professionals Manager
at anne.turnbull@century.edu
or **651.773.1785**.

These programs can also be brought to
your business/organization! Call Anne
for more details.



Thursday Evenings with Tina!



Join **Tina Feigal**, the founder of Center for the Challenging Child, LLC, for insightful and lively discussions. Tina is a coach, trainer, former school psychologist and mother of three sons. Her passion is bringing peace to homes and schools by helping adults to bring out the best in challenging children with "present moment parenting," specific, effective techniques.

Transforming the Challenging Child: Present Moment Parenting

Ever wonder why typical parenting, therapy, and teaching techniques are ineffective with some children? Learn ways to bring about real change with proven, positive, esteem-building techniques. The approach applies to all children, ages 2-18, but is especially helpful for children with ADHD, ODD, autism, or any child whose behavior does not improve with typical methods. Arguments, tantrums, time-outs, bad language, trouble at school, problems with peers, refusal to cooperate, difficult mornings, challenging transitions . . . learn ways to resolve them all through powerful parenting techniques! *The Board of Social Work has approved this training for two hours of continuing education.*

East Campus, Room 2561 \$49

Wed, Nov 9, 2011 6:30 pm–8:30 pm
12026 (1 class) Tina Feigal

Thur, Jan 19, 2012 6:30 pm–8:30 pm
12027 (1 class) Tina Feigal

Peace at Home with Your Children at the Holidays

“What will I get? Will it be tomorrow? Does Santa know where I live? Will there be lots of people at Grandma’s? What if I don’t like the food there? Where will I sleep?” The holidays can be filled with anxiety for kids, especially when they have intense personalities. This training will be full of advice on creating peace where chaos could have reigned! Using “present moment parenting,” we’ll explore how to prepare kids for the holidays in advance, practice the behaviors you want, and reward and grow those behaviors on the spot. If thinking about the holidays gives you anxiety, you’ll want to attend this presentation. *The Board of Social Work has approved this training for two hours of continuing education.*

East Campus, Room 2561 \$49

Thur, Dec 8, 2011 6:30 pm–8:30 pm
12043 (1 class) Tina Feigal

NEW! Disempowering Anxiety: Empowering Adult/Child Relationships

Does anxiety need to “run the show” in the raising of a child who is saddled with it? No. This presentation will discuss the characteristics of anxiety-driven behavior and the physiological effects of anxiety on the child’s body. Techniques to free children of anxiety in order to create a calm, cooperative atmosphere will be identified. Elements of “present moment parenting” will be used to help children and adults decrease anxiety and increase personal empowerment. *The Board of Social Work has approved this training for two hours of continuing education.*

East Campus, Room 2313 \$49

Thur, Feb 9, 2012 6:30 pm–8:30 pm
12072 (1 class) Tina Feigal

East Campus, Room 2561 \$49

Thur, July 12, 2012 6:30 pm–8:30 pm
12073 (1 class) Tina Feigal

NEW! Bedtimes, Mealtimes, Homework: Help!

These are the three biggest areas of concern for parents of kids with challenging behaviors, so we’ll focus specifically on resolving them, one by one. Using “present moment parenting” techniques, participants will be able to take control of bedtime, mealtime and homework by giving appropriate control to the children and supporting their success. You’ll leave the session with specific tools to apply immediately. *The Board of Social Work has approved this training for two hours of continuing education.*

East Campus, Room 2561 \$49

Thur, Mar 8, 2012 6:30 pm–8:30 pm
12088 (1 class) Tina Feigal

NEW! Why Are Teens Like That?

Struggling to understand where that sweet 12-year-old went and who is this monster where h/she once was? This workshop will lead you through the straight facts on teen brain development to help ease the stress of raising an intense adolescent. You’ll learn specific ways of interacting that resolve snide comments, lying, disrespect, and refusal to come to dinner. Ready to bring out the best in your child? Or even believe it’s in there? Attend this presentation to gain tools to use immediately, and to see results more quickly than you thought possible. *The Board of Social Work has approved this training for two hours of continuing education.*

East Campus, Room 2561 \$49

Thur, Apr 12, 2012 6:30 pm–8:30 pm
12097 (1 class) Tina Feigal

NEW! Facebook and Middleschoolers: What Power Do Parents Have?

Are you concerned your child is staying up too late on Facebook, talking to friends about things you may not approve? Or worse, do you think your child might be bullied or bullying others on Facebook? It’s time to tame the Internet behemoth. This presentation will inform you about the controls you can put on

Internet access, the ways to talk to your kids and let them talk to you, and how to make family decisions that stay made around the use of Facebook. *The Board of Social Work has approved this training for two hours of continuing education.*

East Campus, Room 2561 \$49

Thur, May 10, 2012 6:30 pm–8:30 pm
12106 (1 class) Tina Feigal

NEW! Taming the Media: Who’s in Charge of Our Family?

Just wait ‘til I finish this game! I’m not done yet! One more level! Are you tired of “screens” taking control of your family life? Is it time to restructure how they are used in your home, so you can regain the connection with your children? Attend this session to learn how to discuss media with your kids when there’s no issue at hand, and how to get them to enforce the rules they set up! You’ll find a lot more conversation, less resistance to helping with dinner, and a lot less crabbiness will be the results. Are you in? *The Board of Social Work has approved this training for two hours of continuing education.*

East Campus, Room 2561 \$49

Thur, Jun 21, 2012 6:30 pm–8:30 pm
12114 (1 class) Tina Feigal



Thursday Evenings with Tina! Registration Form

Please fill out all information completely. Date of birth **or** social security number is required. This data is for student tracking purposes only, and will not be released or used for any other purpose.

Name _____ Date of Birth ____/____/____ Home Phone (____) _____
Home Address _____ City _____ State _____ Zip _____
Social Security # ____ - ____ - ____ ___ Male ___ Female
Business Name _____ Business Phone (____) _____
Business Address _____ City _____ State _____ Zip _____
E-mail address _____

Course Name	Course Date	Course Fee
1. _____	_____	\$ _____
2. _____	_____	\$ _____
3. _____	_____	\$ _____
4. _____	_____	\$ _____
5. _____	_____	\$ _____

Total Course Fees: \$ _____

PAYMENT INFORMATION

- Check(s) Enclosed (Please write a separate check for the exact amount of each course, payable to Century College.)
- Business purchase order attached
- Please charge to my: ___ VISA ___ MasterCard ___ Discover Account # _____ - _____ - _____ - _____

Cardholder's Name _____ Exp. Date ____/____/____