

FOR IMMEDIATE RELEASE

Arapahoe/Douglas Mental Health Network Offers Free Monthly Parenting Classes for Foster and Adoptive Parents

ENGLEWOOD: (Nov. 2, 2009) -- Arapahoe/Douglas Mental Health Network will host free monthly parenting classes for foster and adoptive parents, beginning Nov. 9.

The interactive classes are designed to help parents with some of the unique challenges of raising foster children and children who have been adopted. Resources will be shared and parents will learn from experts and other parents alike. Topics presented through July 2010 include Grief and Loss, Trauma, Attachment, Social Skills, Anger/Emotions, Discipline, Culture and Crisis Intervention. Foster parents can receive two credit hours per class towards foster care license maintenance.

Classes meet one Monday per month (typically the second Monday of the month) from 6 p.m. to 8 p.m. at Arapahoe/Douglas Mental Health Network (155 Inverness Drive West, Englewood, 80112). Childcare is available for a nominal fee. For more information and to register call 303 797 9432.

Arapahoe/Douglas Mental Health Network is a private, nonprofit organization that provides comprehensive mental health and substance abuse treatment services for individuals of all ages. ADMHN has 10 locations throughout the south metro area.

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About Arapahoe/Douglas Mental Health Network (ADMHN)

ADMHN is a private, nonprofit 501 © (3) corporation providing professional, comprehensive behavioral health care and substance abuse treatment primarily, but not exclusively, serving the communities of Arapahoe and Douglas Counties. We offer programs for adults, seniors, families, couples and children. These services include counseling, psychiatry, crisis services, case management, substance abuse treatment, victim services, an adult acute treatment unit, adult supported and residential housing, services to the criminal justice system, vocational and social rehabilitation, a day treatment therapeutic school and school-based services. Arapahoe/Douglas Mental Health Network has an on-site pharmacy. We offer community education, wellness programs and a Speakers Bureau.

Arapahoe/Douglas Mental Health Network

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