

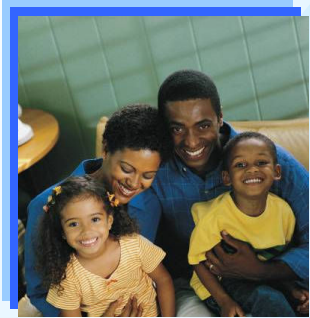


City of
SANTA CLARITA
Presents

Family Education Free Workshops and Classes

2010 Winter Schedule

*Open to all
parents/guardians,
foster/relative
caregivers,
and anyone
interested in
parenting issues*



Location Addresses:

Santa Clarita Activities Center
20880 Centre Pointe Parkway
Santa Clarita, CA 91350



COC Center for Early
Childhood Education
26455 Rockwell Canyon Road
Santa Clarita, CA 91355

The Family Education Free
Workshops and Classes are
provided in collaboration with
College of the Canyons
Foster and Kinship Care
Education Program.

Meadows Elementary School
25577 Fedala Road
Santa Clarita, CA 91355

To register, call (661) 250-3708,
or visit scyouthandfamily.com

Valencia Library
23743 Valencia Boulevard
Santa Clarita, CA 91355



santa-clarita.com



CLASSES

Active Parenting of Teens

Mondays, January 25, February 1, 8, 22, and March 1, 8

6:30 – 8:30 p.m.

In this six-week series, parents will learn the skills required to meet the challenges of parenting teens and preteens in today's society. Parents will learn skills for effectively handling family problems through clear, honest communication and respectful discipline. Special attention will be given to today's problems of teen drug use, sexuality, and violence, providing parents with helpful prevention guidelines.

Location: Santa Clarita Activities Center – Canyon Rooms A&B

Instructor: Ed Redd

Active Parenting Now

Fridays, January 29, February 5, 12, 26, and March 5, 12

9:00 – 11:00 a.m.

In this six-week series, parents will learn the skills to help develop cooperation, responsibility, and self-esteem in their children, and prepare them to meet the challenges of teenage years. This program also teaches parents positive, non-violent disciplinary techniques to avoid struggles, effective communication, and problem-solving strategies.

Location: COC Center for Early Childhood Education – Room B

Instructor: Carri Arquilevich

Taming the Anger Monster

Tuesdays, February 2, 9, 16, 23, and March 2, 9

6:30 – 8:30 p.m.

This course is intended to offer adults specific tools on how to control or manage their anger. These skills can successfully be applied in the workplace, in relationships, while driving, with one's family, or in any situation where anger control is an issue.

Location: Santa Clarita Activities Center – Canyon Rooms A&B

Instructor: Ed Redd

WORKSHOPS

Giving Kids Wings: How to Build Self-Esteem in Today's Youth

Thursday, January 28, 2010

6:30 – 8:30 p.m.

This workshop will focus on helping parents identify warning signs of low self-esteem in their children, and offer techniques for coaching their kids in the areas of courage and confidence, so that they have the ability to persevere throughout their tot-to-teen years.

Location: Santa Clarita Activities Center – Canyon Rooms A&B

Instructor: Mary McGrath

Grandparents As Parents and Relative Caregivers

Saturday, January 30, 2010

9:00 – 11:30 a.m.

This workshop is for any grandparent or relative caregiver who is helping to support, raise, or is contemplating raising a grandchild, or anyone who is connected with, or provides services to, families in this situation. We will discuss the issues affecting grandparents who raise their grandchildren, as well as the systems in place to help them, the value of group support, negotiating complex systems of services, and the importance of advocacy.

Location: COC Center for Early Childhood Education – Room B

Instructor: Madaline Gordon

The Five Languages of Love

Thursday, February 11, 2010

6:30 – 8:30 p.m.

In this workshop, parents will learn that they naturally give and receive love in different ways. The Five Languages of Love of children can help make your child feel secure, loved, and more willing and open to interact with you and your family. The instructor will discuss each of the five languages of love; quality time, words of affirmation, physical touch, acts of service, and gifts.

Location: Santa Clarita Activities Center – Santa Clarita Room B

Instructor: Ruby Solis

Positive Parenting in the Modern Age

Thursday, February 18, 2010

6:30 – 8:30 p.m.

This workshop is designed to help parents understand why children exhibit negative behavior and goes beyond "typical," and will teach practical skills to help manage that behavior. Parents will be encouraged to share their stories, and will leave with a better understanding why kids do the things they do!

Location: Valencia Library – Community Room

Instructor: Chris Jones

Raising Kids of Character

Thursday, February 25, 2010

6:30 – 8:30 p.m.

Have you checked in on your kids' character lately? Are they honest, accepting, thoughtful, and kind? Well, no child can be all of those things all of the time, but, you can point them in the right direction. To help you, this workshop will give you answers to your most pressing character concerns. It is never too late to begin teaching children about character.

Location: Valencia Library – Community Room

Instructor: Carole Cliffe

Let's Talk! Straight Answers to Tough Questions

Thursday, March 4, 2010

6:30 – 8:30 p.m.

This workshop engages and involves parents who are helping their elementary school children transition successfully into junior high school. Parents will be provided with tools to communicate to their pre-teen in order to help create a memorable and meaningful academic experience. Some of the areas that will be discussed will include: where do I go for help or support; who do I need to know on my child's campus; and identifying at-risk behaviors that my child might be exposed to.

Location: Meadows Elementary School – Multi-purpose Room

Instructor: Dr. Laurel Bear

iParent: Tips and Tricks for Parents in this Technology World We Live In

Tuesday, March 9, 2010

6:30 – 8:30 p.m.

Did you know that there are many software programs, websites, phone apps, and gadgets that can actually help make you a better parent? Find out about tools for parenting, education, productivity, health and safety, and fun at this workshop. Many free tools will be featured. Interesting sites for kids will be discussed. No computer experience is required!

Location: Valencia Library – Community Room

Instructors: Michelle Heid and Vicki Berry

Understanding Depression in Children and Adolescents: What Parents Can Do to Help

Thursday, March 18, 2010

6:30 – 8:30 p.m.

Depression is a real problem that both children and adolescents manage on a daily basis. The causes range from environmental factors to heredity. This workshop will help parents identify the signs of depression, and teach strategies to manage and alleviate some of the symptoms, focusing on improving the family as a whole.

Location: Valencia Library – Community Room

Instructor: Chris Jones

Strategies for the Picky Eater

Friday, March 19, 2010

9:00 – 11:00 a.m.

The daily frustrations of getting your picky eater to tolerate and eat "normal" foods, and a greater variety, can be absolutely overwhelming for both the parent and child. This workshop will provide helpful guidelines and tools to get your child to eat more normal, healthy, and nutritional foods.

Location: COC Center for Early Childhood Education – Room B

Instructor: Nicole Meadow

Managing Family Life With Children Who Have Social/Emotional and Learning Differences

Tuesday, March 23, 2010

6:30 – 8:30 p.m.

Parenting is one of the most difficult and, at the same time, rewarding jobs in the world. This workshop will allow parents the opportunity to focus on their personal family situations, while providing strategies to work with children who have special needs. The goal of this workshop is to empower parents to make their families not just manage, but thrive.

Location: Valencia Library – Community Room

Instructor: Chris Jones

