

Parenting Classes & Workshops

Free **Parenting Classes & Workshops** are provided in collaboration with College of the Canyons Foster and Kinship Care Education Program.

Parenting Classes & Workshops are for adults only.

For additional information call **(661) 250-3708**, or visit our websites: **scyouthandfamily.com** and **santa-clarita.com**

Active Parenting of Teens

In this six-week series, parents will learn the skills required to meet the challenges of parenting teens and preteens in today's society. This program teaches how to effectively handle family problems through clear, honest communication and respectful discipline. Special attention will be given to teen drug use, sexuality, and violence, providing you with helpful prevention guidelines. **Location:** College of the Canyons – University Center Room 207 **Instructor:** Teresa Romero **Fee:** Free - 6 mtgs

| Code | Start Date | Time |
|----------|------------|--------------|
| 2812.101 | Tu-1/24 | 6:30-8:30 pm |

Active Parenting Now

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

Location: College of the Canyons Center for Early Childhood Education – Room B **Instructor:** Carri Arquilevich **Fee:** Free - 6 mtgs

| Code | Start Date | Time |
|----------|------------|-----------------|
| 2812.101 | F-1/27 | 9:00 – 11:00 am |

IEP's and Beyond:

Understanding How to Navigate The Process

Many of our children have specialized educational needs. The IEP process can be quite intimidating. Learn what your rights are in this process for reaching your child's educational goals. You will hear from a licensed school psychologist about the IEP process, what a 504 plan is, and how to advocate getting your child's needs met.

Location: Canyon Country Jo Anne Darcy Library – Community Room **Instructor:** Chris Jones

| Code | Date | Time |
|----------|---------|--------------|
| 2812.102 | Tu-1/31 | 6:00-8:00 pm |

Kindergarten Readiness:

Getting Ready for Kindergarten

Is my child ready for kindergarten? What are the readiness factors for kindergarten? Should I send my child with a late summer or fall birthday to kindergarten, or should I wait another year? A little consideration and planning on your part can make this step on the path of education a rewarding and successful time for your child.

Location: Valencia Library – Community Room **Instructor:** Renee Marshall

| Code | Date | Time |
|----------|-------|--------------|
| 2812.104 | M-2/6 | 6:30-8:30 pm |

Yelling, Threatening, and Putting Down:

What to Do Instead

This workshop offers common sense techniques for dealing with challenging parent-child interactions. Learn how to communicate effectively and set clear, concise guidelines to ensure positive and constructive discipline.

Location: College of the Canyons University Center Room 206

Instructor: Mary McGrath

| Code | Date | Time |
|----------|--------|--------------|
| 2812.103 | Th-2/2 | 6:30-8:30 pm |

My Puzzling Child:

Raising a Child with Autism

Spectrum Disorder

Raising a child with an Autism Spectrum Disorder can be an overwhelming challenge, both physically and emotionally. This workshop includes essential information about autism to help parents understand and cope with the stress of receiving the diagnosis, stress on relationships, the stress of not having a typical child, and the challenges of parenting. Participants will also gain knowledge about autism to help you find appropriate treatments to help your child, yourself, and others.

Location: Valencia Library – Community Room

Instructor: Chris Jones

| Code | Date | Time |
|----------|-------|--------------|
| 2812.105 | W-2/8 | 6:30-8:30 pm |

Reducing Risky Behavior in Adolescents

Many adolescents today are participating in some type of risky behavior, such as drugs, sex, self-injurious behavior, peer pressure, and bullying.

Teens seem to be testing parental limits more than ever. In this workshop, parents will learn how to effectively communicate and set limits with their teens and reduce these risky behaviors. Learn specific strategies to help you support your teens as they face the difficult challenges of adolescence.

Location: Santa Clarita Activities Center – Canyon Rooms

Instructor: Mary McGrath

| Code | Date | Time |
|----------|--------|--------------|
| 2812.106 | M-2/13 | 6:30-8:30 pm |

Why We Worry:

Understanding and Coping With Anxiety

This workshop will define what stress and anxiety is and what it looks like in children and adolescents. Different assessment techniques will be presented, and general techniques and interventions will be discussed that will help in lowering stress effects. Participants will learn about progressive muscle relaxation, deep breathing, and meditation.

Location: Canyon Country Jo Anne Darcy Library – Community Room

Instructor: Chris Jones

| Code | Date | Time |
|----------|--------|--------------|
| 2812.107 | W-2/22 | 6:00-8:00 pm |

Exploring Cultural Differences

This workshop will explore the benefits and challenges of Cultural Diversity. Gain tools and techniques to address these challenges. Share personal beliefs and strategies to promote appreciation of Cultural Diversity. Explore the similarities and differences of those around us.

Location: Valencia Library – Community Room

Instructor: Renee Marshall

| Code | Date | Time |
|----------|--------|--------------|
| 2812.108 | M-2/27 | 6:30-8:30 pm |



Parenting Support for Special Needs Children

If your child has special needs such as mental retardation, autism, ADD/ADHD, OCD, or other developmental delays, parenting can be especially overwhelming. This workshop will focus on skills to help you understand your child's behavior and empower you to be a parent who can effectively communicate with your child, discipline, and set limits.

Location: Valencia Library – Community Room

Instructor: Chris Jones

| Code | Date | Time |
|----------|--------|--------------|
| 2812.109 | Th-3/8 | 6:30-8:30 pm |

**The Distorted View of Beauty:
A Teenager's Reality and How to Help**

In this workshop parents will learn about the messages in popular culture that negatively influence our youth and be given methods to combat them. Specific strategies will be discussed to help you better assist your children to develop a positive relationship with beauty, raise their self-esteem, and enable them to realize their full potential

Location: College of the Canyons University Center Room 207

Instructor: Dr. Susan Shapiro

| Code | Date | Time |
|----------|---------|-------------------|
| 2812.110 | Sa-3/17 | 10:00 am-12:00 pm |

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

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

Instructor: Mary McGrath

| Code | Date | Time |
|----------|--------|--------------|
| 2812.111 | M-3/19 | 6:30-8:30 pm |

**The Many Faces of Grief & Loss:
A Pathway Through The Grieving Process**

Grief and loss can take many forms – from the loss of a loved one, from the loss of a job and the loss of a dream. This workshop will help you re-discover yourself: emotionally, physically, and spiritually. You will become more present with, attuned to, and a comfort for your children and other family members.

Location: Canyon Country Jo Anne Darcy Library – Community Room

Instructor: Jeff Zhorne

| Code | Date | Time |
|----------|--------|--------------|
| 2812.112 | W-3/21 | 6:00-8:00 pm |



City of
SANTA CLARITA

**CULTURE
NIGHT**

*Dances from
Around the World*

**Friday, January 20 • 5:00 pm
Newhall Community Center**

**22421 Market Street
Santa Clarita, CA 91321**

Join us for an exciting culturally enriching night! During this event, participants will enjoy multi-cultural performances, arts and crafts, and a diverse selection of food from a variety of cultures, countries, and continents. Special cultural artifacts will also be on display.

**Family
Program**

**Open to
the Public**

