



PARENT EDUCATION CALENDAR

CALENDARIO DE EDUCACIÓN PARA LOS PADRES

A network of community partners working to promote positive parenting

**January, February,
March, and April
2010**

**Enero, Febrero,
Marzo y Abril
2010**

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The **vision** of PCPC is that Pima County will be a community in which parenting is valued and supported and where children are parented by loving, capable people.

The **mission** of PCPC is to enhance the awareness, acceptance and effectiveness of parenting services in Pima County.

The Power of Parenting

It's true that children do not come with any instructions.

Come and learn ways to:

- Understand, listen and talk to your child
- Encourage your child
- Help your child learn to cooperate
- Discipline
- Strengthen the parent and child relationship

Date: January 11 – February 22, 2010

Time: 5:30 PM – 7:30 PM

Location: 5326 E. Pima Street

To Register Please Call: 321-1500

Offered by: The Parent Connection

Sponsored by: Pima County Parenting Coalition

El Poder de los Padres

Tentative: Please call Paula Neuberger at 798-3304 for confirmation and to register

Location: K.A.R.E. Center-
4710 E 29th Street
Tucson, Az 85711

2/17/2010-El Padre

2/24/2010 –Auto Estima

3/3/2010-Entendiendo al Nino

3/10/2010-Disciplina Motiva Responsabilidad

3/17/2010-Como Obtener Cooperation

3/24/2010-Una Familia Activa



THE PIMA COUNTY PARENTING COALITION ANNOUNCES
A BROWN BAG PROFESSIONAL DEVELOPMENT TRAINING
BRING YOUR LUNCH AND JOIN US FOR A 90 MINUTE TRAINING.

IT'S COMMON CENTS...MONEY TIPS AND TOOLS FOR KIDS AND THEIR PARENTS

BASED ON: Neale S. Godfrey's "Money Doesn't Grow
On Trees: A Parent's Guide To Raising
Financially Responsible Children"

PRESENTED BY: Russell Peace, Financial Services
Agent, New York Life Insurance Company

Money is not good or bad, it's a question of what we do with it.
There are only three things we can do with money:

EARN IT, SAVE IT, AND SPEND IT!

Unfortunately, some of us are not the best role models when it comes to teaching our kids about responsible money management. This workshop is designed to share tips and tools to help children gain a healthy attitude toward money.

DATE: Thursday, March 4, 2010

REGISTRATION AND CHECK IN: 11:00 - 11:30 am

WORKSHOP: 11:30 am - 1:00 pm

LOCATION: City of Tucson, Community Resources

310 N Commerce Park Loop, Rillito & Sabino Rooms
Tucson, AZ 85745

Fee: No fee for Members of PCPC \$10.00 for Non-Members

**PLEASE RSVP TO SEAN YOUNG BY EMAIL YOUNGS@PARENTAID.ORG
OR PLEASE CALL 520-798-3304.**

PRE-REGISTRATION IS REQUIRED AND SEATING IS LIMITED.

CERTIFICATES WILL BE GIVEN FOR THIS TRAINING.

CERTIFICATES CANNOT BE GIVEN TO ATTENDEES WHO ARE MORE THAN 10 MINUTES LATE.

Casa de los Niños

City: Tucson January 5th , 12th, 19th 4:00 pm
Length: 6 hrs (2 hrs per session) Cost: \$0

Active Parenting Now in 3

This skill focused program for caregivers of children ages 5-12 consists of 3 consecutive sessions over 3 weeks. Participants will learn several effective child guidance strategies. Participants receive a parent guide, certificate and thrift store voucher upon completion of all three sessions.

Trainer: Carol Weigold

Location: Casa de los Niños
1101 N. 4th Ave.

How to Register: (520) 624-5600 Ext. 401 or
Email carolw@casadelosninos.org

City: Tucson February 2, 2010 4:00 pm
Length: 2 hrs Cost: 0

Child Abuse- It's Everybody's Problem

This presentation will discuss the warning signs present in the child, causes of child abuse and neglect and the mandated reporting guidelines in Arizona.

Trainer: Carol Weigold

Location: Casa de los Niños
1101 N. 4th Ave.

How to Register: (520) 624-5600 Ext. 401 or
Email: carolw@casadelosninos.org

City: Tucson February 9, 2010 4:00 pm
Length: 2 hrs Cost: 0

Ways to Prevent Bullying

Bullying is a serious problem in our schools today. This class will help you learn ways to deal with this issue and learn key social skills that can help prevent children from becoming victims or bullies.

Trainer: Carol Weigold

Location: Casa de los Niños
1101 N. 4th Ave.

How to Register: (520) 624-5600 Ext. 401 or
Email: carolw@casadelosninos.org

Casa de los Niños

City: Tucson February 16 , 2010 4:00 pm
Length: 2 hrs Cost: \$0

Dealing With Stress

Stress is an emotional response to the demands of life. This class will help caregivers learn how to deal with their stress and learn ways to reduce their stress and children's stress.

Trainer: Carol Weigold

Location: Casa de los Niños
1101 N. 4th Ave.

How to Register: (520) 624-5600 Ext. 401 or
Email: carolw@casadelosninos.org

City: Tucson Tues., March 2, 2010 4:00 pm
Length: 2 hrs Cost: 0

Internet Safety

The Internet is a part of daily life. However, it can be a public place that is dangerous to our children. This class will focus on learning ways to be safe and protect children from Internet dangers and cyber bullying.

Trainer: Carol Weigold

Location: Casa de los Niños
1101 N. 4th Ave.

How to Register: (520) 624-5600 Ext. 401 or
Email: carolw@casadelosninos.org



PARENT INFOLINE - 624-9290

One stop shopping for parents looking for parent education classes, play groups, and other family oriented supportive services. Parent InfoLine is a free phone line to help parents connect, gather information to strengthen their ability to parent, find answers to parenting questions, and just talk to a friendly person who can help link them to a community of parenting classes and family support services. This program is supported by Pima County Parenting Coalition. **Call Casa de los Niños at 624-5600 for more information.**

Child & Family Resources, Inc.

Become a DES Certified Family Child Care Provider

If you are interested in opening your home to care for children, call us. We will help you every step of the way through DES certification and training. Financial assistance is available for business start-up costs. Call DES Home Recruitment & Certification Program at Child & Family Resources, Monday through Friday 8:00-5:00, 321-3775 or 321-3761. En Español: Si tiene interes en abrir su hogar para cuidar niños, llámenos. Ofrecemos ayuda en cada paso de certificación y capacitación de DES. Asistencia financiera posiblemente disponible para ayudar con gastos relacionados en empezar su negocio. DES Programa de Reclutamiento y Certificación del Hogar, Lunes a Viernes, 8:00-5:00, 321-3775 o 321-3761.

Child Care Resource and Referral (CCR&R)

Child Care Resource and Referral is a free statewide program in Arizona that helps families find child care. CCR&R also provides resources for parents and child care providers and information for the community. CCR&R provides families with:

- A list of child care options based on the expressed needs of the family
 - Information about rates, policies, vacancies, licensing standards and other information about child care
 - Guidelines on what to look for in a quality child care program

This program is funded by the Department of Economic Security, Child Care Administration. The CCR&R phone service is available Monday through Friday 8:00am- 5:00 pm and our website search is always available at www.azchildcare.org. Services are provided at no charge. Child Care Resource and Referral provides information about child care programs, not recommendations. CCR&R does not endorse, regulate, or monitor child care. Parents are encouraged to visit and interview providers before making a final decision about their child care. Please contact CCR&R with questions. Please feel free contact a supervisor at CCR&R with any questions or concerns about the service at 1-800-308-9000.

El Rio Birth Center

Pregnant?

The El Rio Certified Nurse-Midwives will give you the BEST care! The Certified Nurse Midwives of El Rio hold the belief that women are entitled to safe, satisfying health care, and that pregnancy and childbirth are healthy, normal experiences. Childbirth can be one of the most creative, exciting times life has to offer. We are committed to enhancing your families' experience by involving you in the entire range of care. We believe in forming a "team" with our clients, with the goal of achieving a healthy pregnancy and baby. Gynaecological care also offered! Most major health insurance plans accepted. Reduced fees for uninsured women.

Two clinics with the option of giving birth either at the Birth Center or at TMC:

Midwives at Congress Clinic
839 W. Congress, 670-3870

Birth & Women's Health Center
2595 N. Wyatt, 795-9912.

¿Embarazada?

¡Las Enfermeras-Parteras Certificadas le darán el MEJOR cuidado! Las Enfermeras-Parteras Certificadas de El Rio comparten la filosofía de que las mujeres tienen el derecho a un cuidado de salud seguro y sano y que el embarazo y el dar a luz son experiencias normales y saludables. El dar a luz puede ser una de las épocas más creativas y emocionantes de la vida. Estamos comprometidas en enaltecer la experiencia de su familia involucrándola en todo su cuidado prenatal y durante parto. Creemos en formar un "equipo" con nuestras pacientes, con la meta de lograr un embarazo sano y un bebé perfecto. ¡También ofrecemos cuidado ginecológico! Aceptamos todo tipo de aseguranza. Costos reducidos para mujeres sin aseguranza.

Dos clínicas con la opción de dar a luz en el Birth Center (Centro de la Maternidad) o en el TMC:

Midwives at Congress Clinic
839 W. Congress, 670-3870

Birth & Women's Health Center
2595 N. Wyatt, 795-9912.

The Parent Connection

City: Tucson **Dates:** January 12 – February 16
January 27 – March 3
February 4 – March 11

Time: 5:30 pm – 7:30 pm

Length: 6-weeks= 12 hours

Cost: \$75/one or \$110/two

Parenting the Young Child (S.T.E.P.)

It's true that children do not come with any instructions. You can find help. Learn how to: Understand, listen, and talk to your child, build self-esteem in the early years, help your young children learn to cooperate, discipline for young children, Young children's emotional and social development.

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Tucson **Dates:** January 21 – February 25,
Time: 5:30 pm – 7:30 pm **Length:** (6-weeks= 12 hours)
Cost: \$75/one or \$110/two

Calming the Family Storm

Provides powerful tools such as: less anger and getting anger under control quickly, teaching children how to handle their anger with each other and with adults, getting along better even when you're angry. Also addresses anger issues related to divorce, single parenting, stepfamilies, and the all-too-common problems of domestic violence and child abuse.

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Sahuarita **Dates:** January 28 – March 4,
Time: 6:00 pm – 8:00 pm
Length: 6-week = 12 hours
Cost: Free

Parenting the School-Age Child (S.T.E.P.)

As a parent, you know the challenge of raising a family. Understanding Yourself and Your Child, Understanding Beliefs and Feelings, Encouraging Your Child and Yourself, Listening and Talking to Your Child, Helping Children Cooperate, Discipline That Makes Sense, Choosing Your Approach

Location: TBA

How to Register: 321-1500

The Parent Connection

City: Tucson **Date:** January 21, 2010
February 23, 2010
March 18, 2010

Time: 5:30 pm – 7:30 pm **Length:** 2 hours

Cost: \$10 per workshop per person includes certificate

Winter Workshop Series

January 21- Bedtime and Mealtime Power Struggles

February 23- Nurturing Self-Esteem

March 18- Discipline: Logical Consequences & Age Appropriate Discipline

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Tucson **Date:** January 23 – February 13
February 10 – March 3

Time: 11:30 am – 12:15 pm

Length: (4 weeks = 8 hours)

Cost: \$60 book included

Sign with your Baby (SWYB)

Learn to use American Sign Language with your baby...a class for parents with their infants and toddlers. Reduce frustrations by giving your pre-verbal child ways to be understood. Signing also helps build vocabulary and comprehension skills used later in reading and writing.

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Tucson **Dates:** February 6 – March 13

Time: 8:30 am – 10:30 am

Length: (6-weeks = 12 hours)

Cost: \$75/one or \$110/two

Parenting Teenagers (S.T.E.P.)

Tools for meeting the challenges of parenting teenagers: Understanding Yourself and Your Teenager, Changing Your Response to Your Teen, Communicating Respect and Encouragement, Encouraging Cooperation and Solving Problems, Using Consequences to Build Responsibility

Location: 5326 E. Pima Street

How to Register: 321-1500

The Parent Connection

City: Tucson

Dates: March 2 – April 6

Time: 5:30 pm – 7:30 pm

Length: (6-weeks = 12 hours)

Cost: Cost: \$75/one or \$110/two

Parenting the School-Age Child (S.T.E.P.)

As a parent, you know the challenge of raising a family. Understanding Yourself and Your Child, Understanding Beliefs and Feelings, Encouraging Your Child and Yourself, Listening and Talking to Your Child, Helping Children Cooperate, Discipline That Makes Sense, Choosing Your Approach

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Tucson

Dates: March 25 – April 29

Time: 6:00 pm – 7:30 pm

Length: (6-weeks = 12 hours)

Cost: \$45/one or \$60/two

Open Forum

Learn to use natural and logical consequences as a method of discipline. Resolving conflicts through mutual respect. Identifying and focusing on the real issue. Reaching a mutually acceptable agreement and mutual decision-making and responsibility-sharing.

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Tucson Length: 2 hrs Cost: \$10

Day/Date/Time:

Ongoing, Every Wednesday, 9:00 – 10:00 AM

Parent Skills Workshop

Ongoing drop-in sessions designed to build on positive parenting skills whether parents are raising toddlers or teenagers. Participants will receive certificates at each session.

Location: 5326 E. Pima Street

How to Register: 321-1500

The Parent Connection

City: Tucson Time: Around your schedule

Length & Cost: \$50/hr

Parent Coaching

One on one consultation that addresses specific concerns and challenges of parenting.

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Tucson

Date/Time: Monday thru Friday, 9:00 – 10:30 AM

Cost: \$8 per visit or \$30 a month, unlimited attendance

Family Playtime

Parenting Playgroups: Parent and child interactive play includes circle time, activity, and parent support/education.

Location: 5326 E. Pima Street

How to Register: 321-1500

City: Sahuarita Cost: FREE

Day/Date/Time/

Ongoing Thursdays:

10:00-11:30AM

Stay & Play

Children learn by playing and they love to play! Stay & Play features parent/child activities, open playtime, circle time, parent's support and education. For parents and children ages birth to 5 years.

Location: The Good Shepherd United

Church of Christ-

17750 S. La Cañada, Sahuarita

How to Register: 321-1500



The Parent Connection

Stay & Play

Children learn by playing and they love to play! Stay & Play features parent/child activities, open playtime, circle time, parent's support and education. For parents and children ages birth to 5.

City: Tucson Cost: FREE

Day/Date/Time/Location/Address

Ongoing Mondays:

Columbus Library- 10:00–11:30AM (4350 E. 22nd Street)

*Nanini Library- 9:30–11:00AM (7300 N. Shannon)

Valencia Library-10:00–11:30am (202 W. Valencia)

Woods Library- 10:00–11:30AM (3455 N. 1st Ave.)

*ONLY children ages 8months-48months

Ongoing Tuesdays:

Mission Library- 9:30–11:00AM (3770 S. Mission Road)

*Miller-Golf Links Library- 9:00–10:30AM(9640 E. Golf Links Road)

Ongoing Wednesdays:

Arizona Center- 9:00–10:30AM (870 W. Miracle Mile)

Ongoing Fridays:

*Martha Cooper Library- 10:00–11:30AM (1377 N. Catalina Avenue)

City: Tucson

Date/Time: Monday thru Friday, 9:00 – 10:30 AM

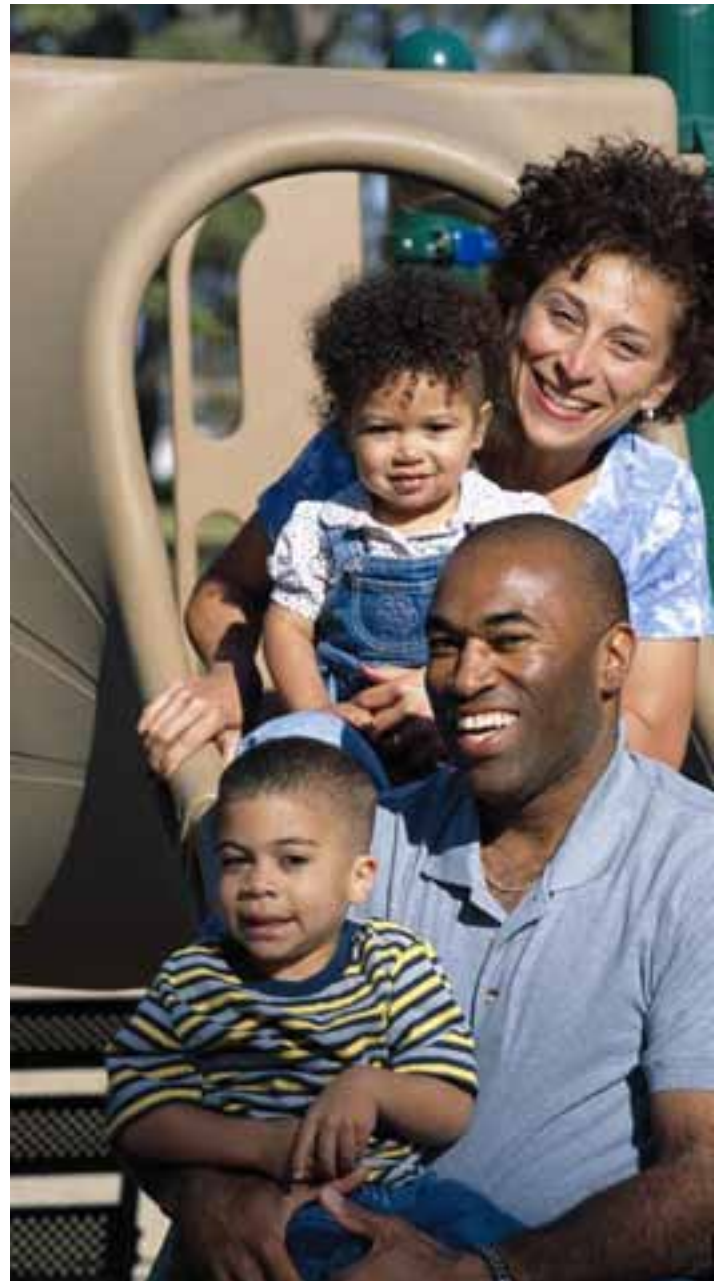
Cost: \$8 per visit or \$30 a month, unlimited attendance

Family Playtime

Parenting Playgroups: Parent and child interactive play includes circle time, activity, and parent support/education.

Location: 5326 E. Pima Street

How to Register: 321-1500



“Whatever they grow up to be, they are still our children, and the one most important of all the things we can give to them is unconditional love. Not a love that depends on anything at all except that they are our children.”
- Rosaleen Dickenson

Pima County Public Library

Homework Help

Free Homework Help is offered by the Pima County Public Library (PCPL) at sites in Tucson and Pima County. Skilled staff is available to assist students in grades 1 – 12 and no registration is required. For more information, and to locate a Homework Help site near you call Youth Outreach Services at 520-594-5600, or check our web page at <http://www.library.pima.gov>.

A telephone line for Homework Help is also available. For assistance over the telephone call 594-5526, Mon. thru Thurs. between 4:00 and 6:00 pm and ask for the Homework Help tutor.

Here is the 2010 Homework Help Schedule:
January 4, 2010 - May 13, 2010

The library also offers Online Homework Help, a web-based service that provides immediate, free help from qualified tutors in a variety of subjects, everyday, all year long from 3-10 pm. Spanish-speaking tutors are available Sunday-Thursday 3-7 pm.

You can access this service from the Library's Homework Help web page at: <http://www.library.pima.gov/services/homework>.

You will need your PCPL library card if connecting from home.

Storytimes

Storytime is a free service of the Pima County Public Library. Storytimes are tailored to the interests of various age groups, including babies, toddlers, preschool and school age. Family storytimes, for all ages, are also offered. For more information call your neighborhood library or check our web page at: <http://www.library.pima.gov/services/literacy/storytime.cfm>

Pima County Public Library

Family Literacy Program

The Library is partnering with Pima Community College to offer a Family Literacy Program. Designed for parents of children ages 2 to 7, this free program allows parents to study English and prepare for the GED exam while their children attend preschool or elementary school. Call 520-741-7175 for more information.



Tucson Festival of Books

MARCH 13 - 14, 2010

Sponsored by:

**Arizona
Daily Star
&**

**The University of
Arizona**

www.tucsonfestivalofbooks.org

PIMA COUNTY PARENTING COALITION (PCPC) COMMUNITY MEMBERS

Arizona's Children Association/
The Parent Connection
Kim Metz
kmetz@arizonaschildren.org
520-321-1500

Casa de los Niños
Carol Weigold
carolw@casadelosninos.org
520-624-5600

Chicanos Por La Causa/
Parenting Arizona
Patricia Garcia
Patricia.garcia@parentingaz.org
520-319-1040

Child and Family Resources, Inc.
Jeff Dozoretz
jdozoretz@cfraz.org
520-881-8940

Compass Behavioral Health
Raquel Ramirez
rramirez@compasshc.org
520-882-5608



The Pima County Parenting Coalition (PCPC) is a network of community partners and non-profit organizations working in the field of parent education and support services. We offer a variety of benefits and opportunities to our member agencies and community partners.

General meetings, which are open to the public, convene monthly. These meetings frequently provide professional development presentations. Check our website calendar for regularly scheduled and upcoming events.

Easter Seals Blake Foundation
Carol Bolger
cbolger@blakefoundation.org
520-795-4977 x224

El Rio/Birth & Women's Health Center
Maria Villa
mariav@tucsonbirthcenter.org
520-795-9912

Family Center of the Conciliation Court
Tami Carrisosa
tcarrisosa@sc.pima.gov
520-740-5590

Gospel Rescue Mission of Tucson
Roy Tullgren
Roy@grmtucson.com
Debbie Martinez
dmartinez@grmtucson.com
520-740-1501 x312

Our Family Services
Victor Quiros
vquiros@ourfamilyservices.org
520-323-1708 x121

Parent Aid
Sean Young
youngs@parentaid.org
520-798-3304

Pima County Public Library
Susan Husband
Susan.husband@pima.gov
520-594-5500

Pima Prevention Partnership
Kathie Merrick
kmerrick@thepartnership.us
520-326-2528

BECOME A MEMBER!
To join the Pima County Parenting Coalition or for more information, contact Carol Weigold at (520) 624-5600.

CALENDAR SUBMISSION DEADLINES FOR May, June, July and August 2010

The Pima County Parenting Coalition Parent Education Calendar is produced three times a year. The calendar covers a four month period and only parenting coalition members may submit agency information or workshop information to be included in the parent education calendar. The next calendar will be available May 2010. The calendar will include workshops and training information for the following months:

May 2010
June 2010
July 2010
August 2010

The deadline to submit information is: Monday, March 1, 2009.

If you have any questions about the Pima County Parenting Coalition's Parent Education Calendar, and/or how to submit information to be included, please contact Michelle Saint Hilarie at 520-320-4038, or email msainthilarie@cfraz.org.

You may also visit the website www.pimacountyparentingcoalition.org for up to date information about more upcoming trainings and/or parent workshops.