Family Education Classes & Workshops Available Upon Request

The Latino Family Literacy Project (6 sessions)
This project establishes a supportive family reading routine to improve English language skills and Spanish literacy skills. It also strengthens parent/child interaction. Classes are available in English and Spanish.

Fit Families for Life (5 sessions or individual workshops)
This program through Health Net gives families ideas about how to live a healthier lifestyle. The program provides weekly goals on nutrition and physical activity that are easy to follow.

School Smarts Parent Academy (6 sessions)
School Smarts is the California State PTA’s research-based, award-winning program that promotes inclusion and meaningful parent engagement. This parent academy helps parents from all backgrounds gain knowledge and skills to be more effective advocates and leaders on behalf of their children and all children at their schools. Class is offered in English, Arabic and Spanish.

Strengthening Families Program (7 sessions)
Strengthening Families is a research-based model program that enhances parenting skills, builds family strength and develops skills to prevent youth substance abuse and other problems. This program is offered in partnership with Omni Youth Programs.

eVIBE Nurturing Parenting Program (10-week sessions)
Parents will learn communication skills, discipline techniques, and will leave feeling empowered and nurtured, ready to support and care for their children. Classes are available in English and Spanish, and can be offered as an in-home support to individual families. This program is offered in partnership with Sacramento Children’s Home.

Individual workshops)
These workshops support parents with simple strategies on how to help their children be more successful in school. Workshops include: Beat the Timer, Brain Food, Direct Praise, Future Goal Map, Good Sleep, Meaningful Roles, Parents Matter, Healthy Competition, Structured - Organized Play. This program is offered in partnership with NCADD Sacramento.

For more information, contact the Family and Community Engagement office at (916) 971-7929, or email Bonita Aytch at baytch@sanjuan.edu. Visit our website at www.sanjuan.edu/FACE
Parent Leadership Academy
(6 Sessions)

Parent Leadership Academy empowers families to become actively involved at the district level by gaining a greater understanding of the educational system, district initiatives, and parent leadership opportunities available within San Juan Unified.

**Fall 2015**
October 13 - November 17
9-10:30 a.m.
General Davie Center Room 12
1500 Dom Way
Sacramento, CA

### Keys to College (4 sessions)

6th - 11th grade students and their parents are encouraged to take this course together to understand the path to success in high school, college and life. You’ll learn how to guide your student during the teen years so that they can stay on track for graduation and college. Use free district resources to choose a college and career path that is the best fit for them. This class is taught by district counselors and gives you hands on experience with Naviance, resources to pay for college, how to help your child if they’ve fallen off track and unlocks the mystery of college admissions.

### Parent University Workshops

Parent University Workshops are tailored to the needs of the participants.

**Communication with your School**
September 23, 2015
9:00 - 10:30 a.m.
Starr King K-8
4848 Cottage Way
Sacramento, CA

**Bullying Prevention Presentation**
October 21, 2015
9:00 - 10:30 a.m.
Encina Prep High School
1400 Bell Street
Sacramento, CA

**Effective Parent Teacher Conferences**
November 4, 2015
9:00 - 10:30 a.m.
General Davie Center
1500 Dom Way
Sacramento, CA

### College and Career Readiness
(A-G requirements)
January 20, 2016
9:00-10:30 a.m.
Thomas Edison Language Institute
2950 Hurley Way
Sacramento, CA

**Spring 2016 Parent University Workshops**

- Homework Strategies
- Cyber Bullying Family Workshop
- Resolving Conflict
- Myth vs. Reality -- Common Core Math

For other learning opportunities and daily parenting tips, please visit our website at http://www.sanjuan.edu/FACE

**Parent Project Jr. -- Soluciónes Cariñosas/Loving Solutions**
(10 sessions)

Loving Solutions is a parent-training program designed specifically for parents raising strong-willed younger children and early adolescents. Using a behavioral model, Loving Solutions is based on cooperative learning norms with group learning activities to maximize both learning and interests. The “Steps of Success” (S.O.S.) home practice assignments create a solid foundation for change in the home. This class will be taught in Spanish. English class offered in the Spring.

**Fall 2015**
October 1 - December 10 *
5:30 - 7:30 p.m.
$25 for SJUSD families; $75 for non-SJUSD families (scholarships available for San Juan families)
Kingswood K-8
5700 Primrose Drive
Citrus Heights, CA 95610
* No class on November 26

**Parent Project Sr.**
(10 sessions)

Empowering parents, transforming teens! Need a little hope? New ideas for how to deal with difficult teen behavior? Rebuild your relationship with your teen? Parent Project is a national program created by parents to help raise happy and healthy teens. This class will be taught in English (Offered in partnership with the Sheriff’s Community Impact Program).

**Fall 2015**
September 17 - November 19
6:00 - 9:00 p.m.
$25 materials fee to S.C.I.P
Department of Human Assistance
2700 Fulton Avenue
Sacramento, CA

**Parent Leadership Academy**

**Parent Project Jr. -- Soluciónes Cariñosas/Loving Solutions**

**Parent Project Sr.**