Family Education Classes & Workshops Upon Request by Schools

The Latino Family Literacy Project (6 sessions)
This project establishes a support and 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 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. Eating nutritious foods and doing more physical activities are important ways to stay healthy. This program is offered in partnership with Health Net.

KVIE Workshops (Individual workshops)
These workshops are for parents of school age youth that covers multiple content areas and is aligned with content state standards for California public schools. Classes are available in English and Spanish. This program is offered in partnership with KVIE Education Services.

Strengthening Families Program (7 sessions)
Strengthening Families is a science-based model program that: (1) enhances parenting skills; (2) builds family strength; and (3) 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 parenting 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.

The Incredible Years (12-14 sessions)
The Incredible Years is a group class for parents of children ages 2-12. The sessions are highly interactive and involve role playing to increase parenting skills and parent/child bonding. This class is offered in both English and Spanish. Pre-registration is required. This program offered in partnership with Kids First. The Incredible Years is available to Citrus Heights schools only.

One Time Workshop (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 Notes, Future Goal Map, Good Sleep, Meaningful Roles, Self-Modeling, Soft-Team 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.
Parent University Workshops

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

**Introduction to Common Core (Elem.)**
- August 27, 2014
- 9-10:30 a.m.
- Cottage Elem. School
- 2221 Morse Ave.
- Sacramento, CA
- 5:30-7 p.m.
- Sunrise Tech Center
- 7322 Sunrise Blvd.
- Citrus Heights, CA

**Effective Parent/Teacher Conferences**
- October 1, 2014
- 8:30-10 a.m.
- T. Edison Lang. Institute
- 2950 Hurley Way
- Sacramento, CA
- 5:30-7 p.m.
- Starr King K-8
- 4848 Cottage Way
- Carmichael, CA

**Bullying Prevention Presentation**
- November 19, 2014
- 9-10:30 a.m.
- Encina Prep. High
- 1400 Bell Street
- Sacramento, CA
- 5:30-7 p.m.
- Sylvan Middle School
- 7137 Auburn Blvd.
- Citrus Heights, CA

**College and Career Readiness**
- January 28, 2015
- 9-10:30 a.m.
- Encina Prep. High
- 1400 Bell Street
- Sacramento, CA
- 5:30-7 p.m.
- Starr King K-8
- 4848 Cottage Way
- Carmichael, CA

**Homework Strategies**
- March 4, 2015
- 9:30-11 a.m.
- Dyer-Kelly Elem.
- 2236 Edison Ave.
- Sacramento, CA
- 5:30-7 p.m.
- Sunrise Tech Center
- 7322 Sunrise Blvd.
- Citrus Heights, CA

**Summer Learning**
- May 6, 2015
- 9-10:30 a.m.
- Encina Prep. High
- 1400 Bell Street
- Sacramento, CA
- 5:30-7 p.m.
- Starr King K-8
- 4848 Cottage Way
- Carmichael, CA

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

**Spring 2015**
- Details TBA
- February 2 -- April 20 *
- 6-9 p.m.
- Terra Nova Counseling Center
- 5750 Sunrise Blvd.
- Citrus Heights, CA

* No class on February 16 and March 30

Loving Solutions is a parent-training program designed specifically for parents raising difficult younger children and early adolescents. Using a behavioral model, Loving Solutions is structured based on cooperative learning norms with group learning activities in a workbook 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.

**Loving Solutions -- Parent Project Jr.**
(10 Sessions)

**Fall 2014**
- TBA

**Spring 2015**
- February 5 -- March 19
- 9:30-11 a.m.
- Sunrise Tech Center
- 7322 Sunrise Blvd.
- Citrus Heights, CA

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

**Parent Leadership Academy**
(6 Sessions)

Facilitators share strategies to improve relationships with teens, as well as ways to recognize and prevent involvement with drugs, alcohol and gangs.

**Parent University Workshops**

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