

# CLASSES to GO

"Classes to Go" are now being offered for groups of adults that would like classes to come to them! If you have a space where the class can take place, we can arrange for the presenters to come to you on an agreed upon day and time! It's that easy! If you are interested, please call Barbara Allard at 508-235-2619.

**College 101** — Preparing for college can be an overwhelming experience for students as well as their family adults. College 101 is a class that will help prepare families for that college search experience. You will learn what to consider when your child is selecting a college, what to expect during the application process, including test and essay requirements and interviews, along with lots of helpful information regarding ways to help cover the high cost of secondary education.

**What Can Yoga Do For Me?** — Participants will gain a basic knowledge of what yoga is as well as potential health benefits. Basic yoga postures will be reviewed and practiced in the class. Participants should be free from injury and able to participate in light physical activities. Bringing a mat or towel is strongly suggested.

**Be Healthy, Be Active** — Designed for adults who want to lose weight and become more active, this class teaches practical steps that can lead to a better you!

**Common Sense Parenting - It Doesn't Have to be so Complicated!** — Common Sense Parenting is a practical class that provides easy-to-learn techniques to help with today's parenting challenges. This class will help family adults learn how to build strong, healthy relationships with their children, correct and change a child's challenging behaviors, minimize problems that disrupt family life, and raise responsible, caring children.

**Abracadabra! Magically Managing Your Child's Behavior** — Learn how to use your magic wand to create a perfect, well-behaved child. Okay, so maybe not an actual magic wand, and maybe not a perfect child, but we can help by sharing with you ten rules for improving child behavior along with some special techniques and strategies for use with young children to help bring peace and harmony magically into your home.

**Relationship Violence and Bullying** — This class is designed to familiarize family adults with the Katie Brown Educational Program which focuses on relationship violence, bullying and the statistics relating to each. Participants will receive tips on how to talk to their children about bullying as well as how to help their child if bullying should occur. As a special bonus, children, ages 6-11, can attend a separate and similar training during this same class time period.

## Parent Testimonials



"By attending several of the classes I was able to connect with parents who share the same interests as me. I felt comfortable in an environment where presenters were friendly and other adults had the same issues as me. My child also enjoyed going to the classes to socialize with the other children within the babysitting area." - **Rebecca**

"I learned how to better communicate with my child's teacher when I need to and how to ask the right questions during parent-teacher conferences. It also gave me different ideas on how to better help my child at home with her homework. My child will benefit from me attending these classes." - **José**



"It has been a wonderful experience to work with the community schools and agencies to plan and promote the Parent Academy. I joined the parent leader group and I am now able to share my thoughts and opinions at meetings. I feel they appreciate hearing a parent's perspective."

"I want to continue to help promote this program until many more families are aware of it and are taking classes." "I loved the creative writing class that I attended with my nephew. The presenter was incredibly nice and knowledgeable and even offered to continue teaching the class next year if people were interested." - **MaryLue**



*"Building Strong Families  
—  
Building Fall River's Future"*

**FREE  
CLASSES**  
*Sign Up Now!*



FALL 2016

# FALL RIVER PARENT ACADEMY

**Learn. Grow. Succeed.**

[www.fallriverparentacademy.org](http://www.fallriverparentacademy.org)

The Fall River Parent Academy is led by a growing partnership of community agencies, businesses and schools, working together to offer FREE learning opportunities to Fall River parents and families. This combined network of resources is providing unique, interactive classes and workshops at various sites throughout the city.

# PARENT ACADEMY NIGHTS



## OCTOBER

Thursday, October 20, 2016 • 5:30-7:30 PM  
Children's Museum of Greater Fall River | 441 N. Main St.

### "Understanding the Fall River Public Schools English Language Learners Programs"

In this class, participants will become familiar with the various programs, during and after school that are available to ELL students. Parents will learn about state tests for English Language Learners and how to interpret student scores.

### "A Conversation With and For Families Dealing with Autism"

This class is being led by parents who will share their resources and experiences in a discussion format.

### "Introduction to Autism"

This class will provide an overview of the central areas of challenge often associated with ASD including: communication, sensory, social, executive function problems, and behavioral issues.

### "My Child is Having Trouble Learning What do I do?"

This class will explore a variety of possibilities as to why your child may be struggling to learn, as well as steps necessary to help them succeed in school.

We're proud to support your efforts to build stronger families and improve education in the community.

[www.bristolcountysavings.com](http://www.bristolcountysavings.com)

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Commitment. Stability. Community.

## HOW TO REGISTER FOR CLASSES

Go online at [www.fallriverparentacademy.org](http://www.fallriverparentacademy.org) and click on the registration button or call the Parent & Community Engagement Center at (508) 675-8421, ext. 55144.

**FREE BABYSITTING**

Find us on: **facebook**

## NOVEMBER

Thursday, November 17, 2016 • 5:30-7:30 PM  
Children's Museum of Greater Fall River | 441 N. Main St.

### "Brain Building in Progress"

Getting ready for school as well as learning to read and write begins early in your child's development. The guidance that you provide your child can set him or her on their way to many years of success in school.

### "Bouncing Back"

Resilience is a process which enables an individual to overcome difficult circumstances and do well. Some children are resilient in the face of adversity, while others develop emotional and behavioral symptoms in response to stress. Participants will learn about the risk factors for emotional and behavioral maladjustment as well as the factors which foster resilience and reduce vulnerability.

### "You're Not My Friend!"

Children may say hurtful things when they are upset or angry. This class will help you help your child become a more effective problem solver.

### "Not Talking Yet? Not to Worry, Talk Together!"

This class will give parents the information they need to check and support their child's developing communication skills. Talking, understanding others and knowing what to say are very important skills. They help children make friends, learn and enjoy life to the fullest. Going from babbling baby to talkative toddler seems like a miracle, but your child needs YOU to help make this happen.

## SEPTEMBER

Thursday, September 29, 2016 • 5:30-7:30 PM  
B.M.C. Durfee High School | 360 Elsbree Street

### "OMG! My Child is in Kindergarten"

Information regarding a day in kindergarten. What you can do to help your child throughout the school year.

### "A Better Way to Learn - Let's Play"

This class will familiarize parents with what their child is learning in elementary school as well as give them ideas on how to help their child learn at home in a fun, engaging way.

### "Middle School - A Whole New World"

This class will inform parents as to expectations of middle school, both academically and socially.

### "Welcome to the Big League - Transitioning to Durfee"

We will help parents create a connection with Durfee by providing pertinent information regarding the X2 Portal, clubs and activities, and expectations for freshman and sophomore academic classes.

### "Elementary Math - HELP"

Participants will learn more about the math curriculum in the elementary grades in this hands-on workshop.

### "Middle School Math - HELP"

Participants will learn more about the math curriculum in the middle school grades in this hands-on workshop.

### "College 101"

College 101 is a workshop that prepares students and adults for the college search experience. Participants will learn what to expect when selecting and applying to colleges and universities, as well as gather information about financial aid.

