

CLASSES to GO

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.

Eat 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.



"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.



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

**FREE
CLASSES**
Sign Up Now!



SPRING 2017

**FALL RIVER
PARENT ACADEMY**

Learn. Grow. Succeed.

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

FREE DOOR PRIZES

FREE PIZZA

FREE BABYSITTING



JUNE
STRENGTHENING THE HOME NIGHT
 Wednesday, June 7, 2017 • 5:15-7:30 PM
 Morton Middle School | 1135 North Main Street

MAY
RELATIONSHIPS NIGHT
 Wednesday, May 10, 2017 • 5:15-7:30 PM
 Morton Middle School | 1135 North Main Street

APRIL
BEHAVIORAL SUPPORT NIGHT
 Thursday, April 6, 2017 • 5:15-7:30 PM
 Morton Middle School | 1135 North Main Street

Common Sense Parenting

Common Sense Parenting is a practical, skill-based program that provides easy-to-learn techniques to help you with today's parenting challenges. Classes can help parents learn how to build strong, healthy relationships with their children, correct and change a child's problem behavior, minimize problems that disrupt family life, and raise responsible and caring children.

Family Paint Night

Have fun creating a personal masterpiece and paint a family keepsake. This class is for parents and children during which the instructor will guide you every step of the way.

Managing Your Child's Behavior

Participants will learn how to use a magic wand and create a well-behaved child. Learn about the ten rules for behavior. Learn specific techniques and strategies to use with children ages 3-5 that will bring magic into your home.

No I Want & You Can't Make Me

We all know what it is like to be in a power struggle with a child. Power struggles are fraught with tension, anger and provocation. This course is designed to teach some strategies to address difficult behaviors.

Bingo for Books

Families are invited to attend a fun-filled evening of playing bingo for books. Children must be accompanied by an adult. Winners take home books. Everyone wins!

Listen First

Sometimes effective communication can be challenging! Everyone wants their point of view to be understood and valued, and Listen First skills can help. Listen First can be used in any relationship, with children or adults, in your personal or professional life.

A Parent's Guide to Relationship Violence & Bullying

This workshop is designed to educate parents about relationship violence, bullying and how to talk to your kids and learn how to help your child if bullying occurs. Children ages 6-11 can attend a separate and similar training during this same time period.

Talk! Listen! Talk!

Do you want to learn how to better communicate with your child? Do you want to help your children make better choices? Kids are dealing with so many issues in today's society, peer pressure, bullying, drugs and sex to name a few. This workshop will teach you skills to talk to your child about these important issues and share your values without ending in a fight.

Family Futsal

The concept is very simple: BETTER SKILLS = HIGHER SELF-ESTEEM = BETTER SOCCER PLAYER! Our Futsal Methodology is comprised of small group learning games while focusing on individual and team play. As a result, players become much better, very fast!

Taekwondo Family Class

Families will have the opportunity to work together as they learn self-defense skills, as well as self-discipline. Participants will also learn important life skills including building confidence, self control, loyalty, respect, and integrity.

Cyber Safety

Participants will learn the do's and don'ts of safe posting. Define sexting and understand the associated legal and social risks as well as gain knowledge and understanding of online predators and grooming.

Financial Fitness Program

This class will cover several financial topics including an introduction to banking, available products and services, borrowing money, establishing credit, choosing and managing a checking account, keeping track of your spending, budgeting and saving for a rainy day, as well as how to protect your personal accounts, your credit and your identity.

Daddy Boot Camp Training

Attention all dads (and families): Where do you learn the skills necessary to raise happy and healthy children? We will offer hands on play and some friendly competition, relay races, and obstacle courses. Learn about positive parenting, first aid, routines, learning through play, feeding, diapering, and more.

The Pillowcase Project

Emergency! Emergency! It is always a good idea to be prepared. We have teamed up with the American Red Cross to present to you the Pillowcase Project. This program is designed to help families prepare for an emergency. In this hour long presentation families will be provided with a pillowcase they can decorate "emergency supplies". They will also receive "My Preparedness Workbook", skills they need when dealing with an emergency, and a Certificate of Accomplishment.



HOW TO REGISTER FOR CLASSES

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

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

www.bristolcountysavings.com

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