

University of Family Learning (UFL) Course Catalog 2017-2018

The **University of Family Learning (UFL)** is an opportunity for adult family members of current and future CCSD students to access valuable educational, networking, and parent leadership information and opportunities that will increase both family and student success. We invite family and community members to participate in a variety of courses and workshops that support the Superintendent's *Pledge of Achievement* goals. Every UFL course or workshop offers credit for hours of participation. Parents who meet the yearly goal are recognized at an end-of-year "Ceremony of Achievement".

Contact your **Family/School Liaison (FSL)** or **Family Outreach Specialist (FOS)** for more information and to host a class at your site.

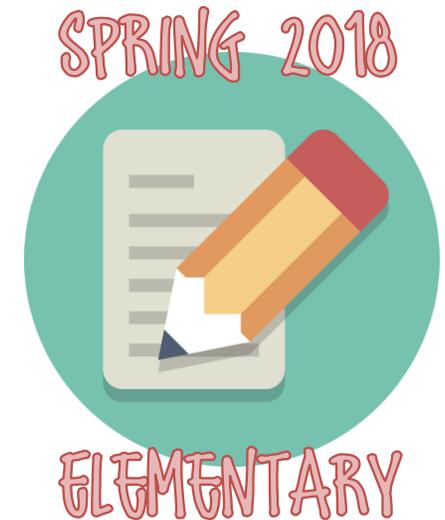
FSL or FOS:

Phone:

Email:

Focus Areas: (Please click on the area below to be directed to that section of the catalog.)

- [Parents as Teaching Partners](#)
- [Navigating the School System](#)
- [Parent Leadership](#)
- [Family Wellness & Development](#)



Catalog Symbols:

	<p>“Pat’s Picks” - Look for this symbol to see courses recommended by Superintendent Pat Skorkowsky.</p>
	<p>Mini-Workshop Available – Look for this symbol to see courses available in a 30-minute format. The 30-minute version presents a small glimpse of the full version. (Ideal for SOT Meetings, PTA/PTO Meetings, Academic Night Stations/Rotations, etc.)</p>
	<p>Suggested for After School/Evening – While most our classes can be held after school hours, those with this symbol are ideal for the after school setting as they present activities where adults and children learn together.</p>
	<p>Online Course – An abbreviated video version of our in-person workshop is available online. This online format allows a facilitator/staff member to pause and facilitate an interactive discussion.</p>
	<p>New Course – This course is a new addition to our course catalog.</p>
	<p>Updated Course – This course is an updated version of an existing course.</p>

Parents as Teaching Partners

<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
107  	100 Ways to Raise a Reader A 1-minute preview of the course is available here!  This workshop has been internationally recognized!	CCSD FACES	For too many kids in this country, reading is a dirty word. Fortunately, we know exactly what to do to make reading enjoyable. We will present more than 100 ways to get and keep your child reading for a lifetime. One size does not fit all. Our list of ideas complements any assigned reading homework and does not cost money. The presentation shows how parents can make some small adjustments to their normal daily routines that will make reading an enjoyable and natural habit for any child. (Find more information by searching the hashtag #CCSDReads on social media!)	Families with students in grades PK-5	1 hour session  
122a	100 Ways to Raise a Writer (PK-1st)	CCSD FACES	Establishing good writing habits early and making the act of writing fun, and not a chore, will help your children tremendously on their lifelong journey of learning. This workshop presents more than 100 easy tips, tools, and strategies to get your kids writing on a regular basis.	Families with students in grades PK-1	1 - 1.5 hour session  
122b	100 Ways to Raise a Writer (2nd – 5th)	CCSD FACES	Establishing good writing habits early and making the act of writing fun, and not a chore, will help your children tremendously on their lifelong journey of learning. This workshop presents more than 100 easy tips, tools, and strategies to get your kids writing on a regular basis.	Families with students in grades 2-5	1 - 1.5 hour session  
111	Attacking Addition & Subtraction Check out a 1-minute preview of the course here! 	CCSD FACES	"Experience with addition within 20" is a Grade 1 standard and fluency is an expectation starting in 2nd grade. This workshop is a great way to develop problem-solving skills with real world situations and applications.	Families with students in grades K-3	1.5 hour session  
110	Composing and Decomposing Numbers In Kindergarten – 2nd Grade Check out a 1-minute preview of the course here! 	CCSD FACES	Fluency and flexibility with numbers are the hallmarks of mathematical thinking. For our students to excel in mathematics, they must understand how numbers can be composed and decomposed. That's why learning the combinations for numbers to 10 should be the primary focus in our Kindergarten and 1st grade classrooms. In 2nd grade, they should be working with 2-digit numbers. Students just can't get enough of this type of practice at school and teachers need help from parents. So, the challenge becomes keeping it fresh and engaging. This workshop presents new routines and strategies to keep it fresh and hands-on fun all year long!	Families with students in grades K-2	1.5 hour session  

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417	Cooking with Young Children	UNCE	<i>Cooking with Young Children</i> is a parenting class for families with preschoolers. Instructors share the benefits of cooking with young children. There is an emphasis on fruits and vegetables and participants will make a smoothie in class for all to enjoy.	Families with children ages 3-5	30-45 minute session
108	Creating a Home Library <i>A 1-minute preview of the course is available here!</i> 	CCSD FACES	Starting a home library for your child shows him/her how important books are. Having books of his/her own in a special place boosts the chance that your child will want to read even more. Here are some ideas and resources for creating your own home library.	Families with students in grades PK-5	1 hour session 
326	Dare to Dive Into Data <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	Dive into activities that provide opportunities to collect, organize, represent, and interpret data. Take a closer look at surprising results in real-world applications, by collecting and graphing data sets.	Families with students in grades 3-8	1 hour session
127 	Dots! Dots! Dots! Instantly Recognizing Small Quantities without Counting	CCSD FACES	This workshop features fast and easy, yet powerful, routines and games for building an understanding of numbers through 20. The key to these activities is having children not just tell what number they see, but also to explain how they see the number. This foundational concept is critical for achievement in mathematics.	Families with students in grades PK-1	30-45 minute session 
329	Drop. Stop. Don't Pop! Launching into Design and the Scientific Process <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	Inspire future scientists and engineers! Families will work as an engineering team to build an amusement park ride with inexpensive materials. Using a grading rubric, parents will learn how to guide their children in creating a science and engineering board with success.	Families with students in grades 3-8 (Adults and children may attend class together)	1.5 hour session 
408	Family Storyteller for Infants & Toddlers	UNCE	<i>Family Storyteller</i> (for infants and toddlers) is for families who would like to learn to share books with their babies and toddlers and help them succeed when they begin school. It uses principles from research on family literacy and parental empowerment. This is a 4-week family literacy program targeting parents of infants and toddlers (1-3 years old).	Families with children ages 1-3 (Adults and children attend class together)	4 weekly 30 – 45 minute sessions
407	Family Storyteller for Preschoolers	UNCE	The <i>Family Storyteller</i> for Preschoolers is a 6-week family literacy program aimed at encouraging and training parents to play a vital role in the early literacy development of their children. The program's reading and language activities are designed for families with preschoolers and beginning readers.	Families with children ages 2-5 (Adults and children attend class together)	6 weekly 1 – 1.5 hour sessions

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123	Full S.T.E.A.M. Ahead! Science, Technology, Engineering, Arts & Math A 1-minute preview of the course is available here! 	CCSD FACES	Many of the "tools" needed for science, technology, engineering, arts, and math exploration are right inside your home! Gather some ideas for putting everyday items to work for some everyday fun!	Families with students in PK-5	1.5 hour session 
409	Fun to Play for Preschoolers A preview of the course is available here! 	UNCE	A series of eight interactive workshops for parents and their preschool-aged children, designed to encourage positive parent-child interaction through creative play experiences. Parents share unique play experiences with their children, which encourage important foundational skill development and set the stage for future academic success.	Families with children ages 2-5 (Adults and children attend class together)	8 weekly 1 – 1.5 hour sessions
514	Help Your Child to Focus on Learning	Nevada PEP	All children struggle with staying on task and finishing their work. This class is full of strategies and provides an understanding of how attention can be a factor in children feeling unsuccessful in school. We will discuss organization challenges and how accommodations can help students develop a routine that keeps them on schedule with homework and long-term assignments. Helping families with new ideas on how to respond to inappropriate behaviors related to attention difficulties gives parents' the tools to support student achievement. <i>(This training is geared toward families of youth with children with all disabilities. Nonetheless, the material is accessible to all parents and students interested in learning about supporting their children.)</i>	Families with students in grades PK-12	1.5 - 2 hour session
419	How Can I Help at Home? A Guide to Math Homework	SNRPDP	This course is designed to give parents good questioning strategies to use at home to assist children who might be struggling with math homework.	Families with students in grades PK-5	1 hour session
523	How is My Child Reading?	NV PEP	Families' involvement in their children's education stands out as one of the greatest predictors of growth and well-being for students with disabilities. This workshop provides the building blocks of learning so families can identify the vocabulary used and ask questions to gain a better understanding on how their children are doing in school. When families learn the terms, the conversation between school staff and parents is focused on student achievement. <i>(This training is geared toward families of youth with children with all disabilities. Nonetheless, the material is accessible to all parents and students interested in learning about supporting their children.)</i>	Families with students in grades PK-8; Families of children with disabilities	1.5 - 2 hour session

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124	How Many Guests? Strategies to Understand Division	CCSD FACES	Division makes sense when you start with a story and hands-on materials. This workshop will suggest books, problem-solving, games, and visual models to help parents reinforce division with their children.	Families with students in grades 3-5	1.5 hour session  
318	Language Development at Home and at School <i>Recommended for ELL Cohort B Schools</i> <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	This session will provide parents and caregivers an understanding of how students are identified as an English Language Learner based on their language development levels. They will discover the difference between social and academic language. Parents will also learn ways to promote academic conversations in everyday interactions.	Families with students in grades PreK-12	1 hour session
517	Learning for Your Little One	Prevent Child Abuse Nevada at NICRP	This course teaches parents about the importance of learning for 0-5 year olds. This workshop will provide parents with tools and resources to help get their child ready for school.	Families with children ages 0-5	1 hour session
410	Little Books and Little Cooks	UNCE	This seven-week program is designed for families with preschoolers to promote healthy eating, family literacy, and positive parent-child interaction while cooking together. Families learn about: Food safety for families, My Plate and the five food groups, benefits of cooking with children, helpful tips for dealing with picky eaters, the importance of fruits and vegetables, The Hungry Meter, and new foods from other cultures.	Families with children ages 2-5 (Adults and children attend class together)	7 weekly 1.5 hour sessions
112	Mastering Multiplication <i>A 1-minute preview of the course is available here!</i> 	CCSD FACES	At Grade 3, the major focus is multiplication. Some students struggle making the transition from addition to mastering multiplication. This workshop provides memorization strategies, games, problem-solving, and projects to make multiplication easy and automatic for any intermediate student.	Families with students in grades 3-5	1.5 hour session  
125	No Summer Slide! Ideas to Continue Learning During the Summer	CCSD FACES	For most kids, summer is a welcome respite from the challenges of the school year. However, many parents are anxious about those weeks off from school. So why not take advantage of this less challenging time to encourage some serious (or not so serious) learning? Ideas and resources to help keep learning during the summer break will be presented.	Families with students in grades PK-2	1 hour session  

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418 	PBS KIDS Family Creative Learning <i>Workshops only offered at select locations</i>	KLVX Vegas PBS	PBS KIDS Family Creative Learning is a series of workshops that engage families in a project -based creative process. The series uses creative play to introduce both kids and grownups to exciting digital and tangible tools that they can use to develop computation and engineering knowledge, practices, and perspectives as they imagine, plan, design, and create their own child-led projects. The series aims to support and foster collaboration, communication, problem-solving, and STEM skills among family members while empowering them to create and express themselves with media and technology. Workshop options include: <ul style="list-style-type: none"> • The Cat in the Hat Knows a Lot About That! (ages 3-5) • PBS Parents Play & Learn Science Edition (ages 3-5) • Ruff Ruffman (ages 5-8) • PBS KIDS ScratchJr (ages 5-8) 	Families with children ages 3-8 depending on workshop (Adults and children attend class together)	4 sessions, 1.5 – 2 hours each
105E	Preparing Your Child for Standardized Testing in Elementary School	CCSD FACES	Testing is required in all CCSD schools for two main purposes. One is to find out how well an individual student is learning in the classroom. The other purpose is to find out how well the school is meeting local and national benchmarks for student achievement. Assessments examples and ways parents can help relieve test anxiety, stress, and pressure will be presented.	Families with students in grades 3-5	1 hour session
308	Promoting Literacy <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	This session will provide parents and caregivers an understanding of literacy, the components of reading instruction, and the impact of literacy on English language development. Walk away with examples and ideas of how they can help their child work on literacy skills at home.	Families with students in grades PK-5	1 hour session
414	Ready to Learn Program <i>Offered at Family Engagement Centers ONLY</i>	KLVX Vegas PBS	This nine-session course presented by the Vegas PBS Ready To Learn (RTL) project provides literacy, health, and math-based workshops that help children ages 2-5 gain the skills they need to be successful in school and life. Using Vegas PBS children's programming, Ready To Learn workshops integrate tips for viewing television, literacy strategies, and hands-on activities for children and parents to help extend your children's learning at home. New books are distributed after workshops, in English or Spanish, to extend the concepts discussed and help build children's home libraries.	Families with children ages 2-5 (Adults and children attend class together)	9 monthly 1 hour sessions <i>(not necessary to attend all sessions)</i>
316 	S.T.E.M. Engineering Adventures (Elementary) Science, Technology, Engineering & Math <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	This course is designed to spark interest in Math, Science, and Engineering practices. Parents will experience engineering challenges such as building a water tower, a parking garage, and a house, using inexpensive materials. Parents will receive materials to engage their family in similar challenges at home.	Families with students in grades PK-8	1.5 hour session 

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203	Start with a Book <i>Ongoing at FACES Family Engagement Centers</i> <i>(A one-time promotional workshop is available at any location.)</i> A 1-minute preview of the course is available here! 	CCSD FACES	Our FACES staff will start with a book for an exciting read aloud, followed by hands-on activities and real-world explorations that stretch the imagination, build problem-solving skills, and help strengthen a child's vocabulary and knowledge of the world. It is designed to build on what young children (ages 3-5) already like — dinosaurs, building, animals, sports, superheroes and music — so that parents, can have fun and interact meaningfully with children while helping to strengthen their reading skills. This workshop changes each session and varies at each FACES Family Engagement Center.	Families with children ages 3-5 (Adults and children attend class together)	Varies by site
204	Start with a Song <i>Ongoing at select FACES Family Engagement Centers</i>	CCSD FACES	Are there songs, lullabies or nursery rhymes from your childhood that bring back special memories? This interactive workshop gives parents of young children the opportunity to learn new music, meaningful movements, and simple rhythms that offer early learning and lifetime memories. This workshop changes each session and varies at each FACES Family Engagement Center.	Families with children ages 0-3 (Adults and children attend class together)	30 minute session
109	Talking Counts!	CCSD FACES	Talking with kids can seem like talking to the wind. Get tips on how to get through to your child. You can increase your child's vocabulary and background knowledge — two important pieces of the reading puzzle — by having conversations with them. Giving children a rich language environment is one of the best ways to build a foundation for reading success.	Families with children ages 0-3; Families with students in grades PK-5	1 hour session  
121	The Comprehension Puzzle: Read & Remember	CCSD FACES	Learn ways to motivate your child and develop a life-long love of books and reading. Books are a terrific way to share the joys of reading: interesting words, beautiful illustrations, and the keys to unlocking the mysteries of letters, sounds, and words. When you share books with your children, they are learning to think and act like good readers without even knowing it!	Families with students in grades K-5	1 hour session  
529	The Family Learning Program <i>Offered at the Family Engagement Center (FEC) at W. Williams ES ONLY</i>	The Public Education Foundation	This program includes a full school year or courses designed to empower families to be their child's first teacher. Participants will get to know their school, staff members, and how they can help their child success in school.	Families with students in grades PK-2	30 weekly 2 hour sessions
320	The Writing Process: A Make & Take Session <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	Make and take a resource folder that guides students step-by-step through the writing process. Each side of the folder is jam-packed with information to help your child with pre-writing, drafting, revising, editing, and publishing.	Families with students in grades PK-5	1 hour session

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Navigating the School System

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102 	"Can We Talk?" Effective Home-School Communication <i>Available in ONLINE FORMAT here!</i> 	CCSD FACES	It used to be that parents and teachers had set days and times for parent-teacher conferences, and communication outside the conference was rare. Thanks to email, school websites and social networking sites, parents and teachers can communicate with each other more easily and frequently. Despite that, some parents are still reluctant to contact their child's teacher. Don't be! This workshop will teach you how to create an authentic partnership with your child's school and teachers every year. Additionally, the session will present the steps to take if there is a breakdown in communication in the Clark County School District.	Families with students in grades PK-12	1 hour session
103 	Attendance Matters: Helping Your Child Succeed in School (Elementary) <i>Recommended for ELL Cohort A Schools.</i> <i>Available in ONLINE FORMAT here!</i> 	CCSD FACES	Good attendance isn't just about your school's rules, it is an important part of school success. There is a strong link between regular, early attendance and success in school. Come and learn about what you can do to improve your child's chance for academic success!	Families with children in grades K-5	1 hour session
114	Back to School, for Parents!	CCSD FACES	Discourse? Differentiated Instruction? Flexible Seating? Parents often hear and read school-related terms that are unfamiliar to them and feel overwhelmed. We can help give you a better understanding of what's happening in your child's classroom and what it all means for your young learner.	Families with students in grades K-5	1 hour session
115	How to Make the Most of Parent Conferences: Parent- Student-Teacher-Academic Planning Time (PSTAPT)	CCSD FACES	Parent-teacher conferences are a great opportunity for families to sit down one-on-one with your child's teacher and talk about school progress. Here are some tips to make the most of this time.	Families with students in grades PK-5	1 hour session

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104 	Infinite Campus Parent Portal Workshop Available in ONLINE FORMAT here! 	CCSD FACES	The Clark County School District has created a web-based system to help you more effectively monitor the progress of your child. This system provides detailed, real-time information, including: demographics, schedules, assignments, assessment scores, calendar, grades, attendance, graduation progress, academic planner, to do lists, reports, and district and school notices. <i>(Preferred setting: Computer Lab)</i>	Families with students in grades PK - 12	30-45 minute session (Allow for additional time if parents will have hands-on experience.)
328	Is Your Child Future Ready?: Exploring Magnet, Select, and Career & Technical Schools	CCSD Magnet Schools and Career & Technical Academies	Parents will learn about the many choice options in CCSD that include magnet programs, Select Schools, and Career and Technical Education opportunities. By participating in one of these programs, students can get a jump start on their future and be college and career ready.	Families with students in grades PK – 12 (Adults and students may attend class together)	30 minute – 1 hour session
113 	No More Paper! The Flipped & Blended Classrooms	CCSD FACES	While technology has been changing classrooms for years, educators say it is growing — and altering the way students learn. Across the nation, elementary, middle and high school students are using everything from desktops, laptops, tablets, and smartphones to log on and link together with their classmates and teachers. This course will alert parents to some of the new ways educators teach without paper and textbooks. We will even take a virtual field trip!	Families of students in grades 3-8	1 hour session
319 	Our Journey Together: Success for all Students <i>Recommended for ELL Cohort B Schools</i> <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	The Clark County School District Master Plan for English Language Learner Success was created to ensure all students achieve. Come to this session to learn how the ELL Master Plan was built to ensure that students graduate college and career ready.	Families of students classified as English Language Learners	1 hour session
106	Transitions in Education: Ready for Kindergarten	CCSD FACES	With proper preparation, the transition to Kindergarten can be a positive experience. This workshop is designed to provide specific strategies and skill sets that parents and students can utilize in order to minimize anxieties and promote successful transition into Kindergarten.	Families with students in Pre-K - Kindergarten	1 hour session

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508	Understanding Individualized Education Plans (IEP)	Nevada PEP	This class helps families understand how they can have meaningful participation in the IEP process. Learning about procedural safeguards, advocacy tips, and developing relationships with school staff are essential components to improving student success. Parents are an integral part of the IEP team that keep expectations high and identify services that are designed to meet their unique needs and prepare them for further education.	Families of students receiving Special Education services	1.5-2 hour session
330	Unity in Diversity: A Newcomer Framework <i>Recommended for ELL Cohort A Schools</i> <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	Gain an understanding of the supports available for English Language Learner students new to the United States and the Clark County school system. <i>Unity in Diversity: A Newcomer Framework</i> will assist you and your child in making a smooth transition into the school community. Equip yourself with the knowledge and expertise necessary to navigate these new experiences.	Families of students in the U.S. less than 3 years	1 hour session
331	Unity in Diversity: A Long-Term English Language Learner Framework <i>Recommended for ELL Cohort A Schools</i> <i>Offered bilingually or available in English/Spanish separately, as requested</i>	CCSD ELL	Ensure student success in a world where change is constant and learning never stops. <i>Unity in Diversity: A Long-Term English Language Learner Framework</i> shares supports that help accelerate the achievement of academic language for long-term English language learners. Equip yourself with the expertise to help your child succeed in the increasingly complex school and work environments.	Families of students in grades 3-12 who are English Language Learners	1 hour session

Parent Leadership

<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
518	Advocating for Children and Families (An Early Childhood Focus)	Prevent Child Abuse Nevada at NICRP	This training provides information on Nevada's legislative process, how to communicate with legislators, and how to get involved in community advocacy effort. Participants learn why early childhood education/preschool are so important. It also provides participants with ways to speak up for early childhood education/preschool in Nevada so more children can get quality care!	Families with children ages 0-5	1 hour session
322	Bicycle and Pedestrian Safety Clinic – Train the Trainer Workshop	CCSD Safe Routes to School	The Train the Trainer Workshop teaches participants how to organize and hold successful bike rodeos for students at their school or other location. Bike rodeos teach students fundamental bicycle handling skills in a structured format. Workshop participants learn how to plan and organize a tailored bike rodeo; select and set-up stations; enlist volunteers and sponsors; time management strategies and more!	Families with students in grades PK-8; Parent Groups	1.5 hour session
301 	Anti-Bullying Tips for Parents & Families	CCSD Equity & Diversity Education	This workshop is designed to support community members with gaining knowledge on building a safe, secure, and respectful learning environment for all students. The school District strives to address bullying and cyberbullying so that there is no disruption of the learning environment and learning process. This course will introduce participants to CCSD Policy 513 and strategies to assist students who are targets of bullying and students displaying behaviors of bullying.	Families with students in grades PK-12	1.5 hour session
502	Bullies, Targets & Bystanders: Responses That Work	NV PEP	This workshop helps families understand bullying behavior and provides strategies for parents to address it. Safety plans, IEP accommodations, and disability harassment are discussed to give parents more information. Learning the Nevada regulations and specific steps parents can take when bullying occurs will contribute to schools becoming bully-free environments.	Adult family members of CCSD students	1.5– 2 hour session
323	Organizing a Walking School Bus or Bike Train at Your School	CCSD Safe Routes to School	Walking school buses combine safety and fun with the walk to school. A walking school bus is a group of children walking to school with one or more adults. This course will outline the benefits of starting a walking school bus (including improved attendance rates) and deciding if a walking school bus is the right fit. Examples of successful walking school buses in CCSD will be presented.	Families with students in grades PK-8	1 hour session
126 	Parent Organizations: The Choice is Yours <i>School Administration must be present at workshop</i>	CCSD FACES	It doesn't take much time to get a parent-teacher organization started. Find just one parent in your school/community to take the lead, and before you know it, there will be a group of dedicated parents doing what parent teacher organizations do best: providing resources and programs to all families, students, teachers, and school staff. In six steps you can create the organization that works best for your community. FACES has prepared sample materials and gathered resources to guide you as you and your team build the foundation of engaged and committed parent leaders.	Families with students in grades PK-12; Parent Groups	1 hour session

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101	Parenting Doesn't Stop at the Classroom Door: Parental Engagement at School <i>School Administration or other staff must be present at workshop</i>	CCSD FACES	What we do as parents is vital to the kinds of people our children grow into and how much success our children will have, both in school and in life. Schools and educators all share the same goals for your children that you have: each of you wants your child to succeed. Make it a priority to work with the school to be involved and engaged. We will show you the many ways and opportunities schools use to engage parents and seek support.	Families with students in grades PK-5	1 hour session
128 	Raising a Digital Leader	CCSD FACES	This workshop provides information on how to keep children safe while using the internet. Learn how to be a positive Digital Leader, set boundaries and rules, and how to avoid common internet scams. Families will also review CCSD's internet usage rules and regulations.	Families with students in grades PK-12	1 hour session
506	Safe and Secure Online	NV Energy	This course is designed to provide participants with cybersecurity education and awareness training in order to secure their online lives. Participants will learn how to look for signs of technology based problem and threats, and how to protect themselves and their children from online predators. The instructor will use research-based information to assist family members to become responsible digital citizens.	Adult family members of CCSD students	2 hour session
420 	Smart Parents, Safe Kids	UNCE	This parent workshop discusses several child safety issues such as strangers, asking for help, street and car safety, getting lost, knowing parents' names and phone numbers, etc.	Families with children ages 0-5	1 – 1.5 hour session
421 	Screen Time Smarts	UNCE	<i>Screen Time Smarts</i> is a digital media workshop for parents of young children. In today's world of smartphones, tablets and on-demand services preschoolers are a technology and media saturated generation. This workshop will highlight recommended screen time guidelines, parental involvement, online safety and tips for choosing educational applications and e-books. It also includes a story time and hands-on iPad activity.	Families with children ages 0-5 (Adults and children attend class together)	1.5 hour session
533	The Dark Side of Social Media	Las Vegas Metro Police Dept.	What every parent needs to know about the negative impact social media can have on their children and how they can protect them.	Adult family members of CCSD students <i>(Adults ONLY)</i>	1.5 hour session

Family Wellness & Development

<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
401	ABCs of Parenting <i>Available separately in Spanish Course 401S Mejoramiento Familiar</i>	Clark County DFS Parenting Project	This exciting and interactive five-week program for parents of children ages 5 to 10 years old helps parents of school-aged children gain an understanding of their children's development and behavior. Parents learn how to communicate effectively with their children, encourage better behavior, use positive discipline techniques, and teach responsibility. Parents will explore ways to help their children succeed in school, solve problems, manage stress and anger, and talk to their children about drugs, alcohol and other issues.	Families with children ages 5-10	6 weekly 2 hour sessions <i>(must attend all sessions)</i>
325	Active and Healthy Families: Special Events and Programs to Boost Physical Activity	CCSD Safe Routes to School	The Safe Routes to School (SRTS) program facilitates several events each school year to encourage students and parents to be physically active. In addition to highlighting these events and programs, the course will cover the relationship between physical activity and academic achievement; and how parents can take a leadership role in planning and organizing a special event at their child's school.	Families with students in grades PK-8	1 hour session
501	Budgeting 101	Financial Guidance Center	Is your money getting away from you? Where is it going? This class offers ideas and suggestions relative to planning and building for a brighter financial future through the basics of and how-to of creating a workable sustainable budget.	Adult family members of CCSD students	1 hour session
403	Child Safety and Welfare	UNCE	Child Safety and Welfare is designed for parents to increase their awareness and knowledge of several child safety/welfare issues. The 4-week program topics include: Shaken Baby Syndrome, Child Abuse and Awareness, Anger Management, and Positive Guidance.	Families with children ages 0-5	4 weekly 2 hour sessions
519	Choose Your Caregiver Carefully	Prevent Child Abuse Nevada at NICRP	Everybody understands there are times when you have to leave your child with another person. Children rely on their parents to find a caring caregiver. It's hard to imagine someone you love or trust could ever hurt your child, but it happens. Many children are harmed each year by adults who just don't know how to take care of a child especially when the child is crying or being difficult. The purpose of this course is to provide information on how to carefully select safe caregivers for children including identifying warning signs and behaviors in potential significant others, babysitters, or other individuals that may care for children.	Families with children ages 0-12	1 hour session
404	Common Sense Parenting (School-Aged) <i>Available separately in Spanish Course 404S La Crianza Practica de los Hijos</i>	Boys Town	This six-week practical, skill-based program can be applied to every family. The program's logical strategies and easy-to-learn techniques address issues of communication, discipline, decision-making, relationships, self-control, and school success. Parents learn to: communicate effectively, avoid power struggles, give positive attention, control your emotions, balance discipline with affection, and praise your child's good behavior. Parents who complete the course receive a copy of the Common Sense Parenting book.	Families with children ages 5-11	6 weekly 2 hour sessions <i>(must attend all sessions)</i>

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*Unless otherwise stated, all courses may be delivered simultaneously in Spanish through the use of translation equipment. Contact your FSL or the UFL Campus for further information.

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405	Common Sense Parenting (Toddler/Preschool) <i>Available separately in Spanish Course 405S La Crianza Practica de los Hijos</i>	Boys Town	This six-week practical, skill-based program can be applied to every family. The program's logical strategies and easy-to-learn techniques address issues of communication, discipline, decision-making, relationships, self-control, and school success. Parents learn to: communicate effectively, avoid power struggles, give positive attention, control your emotions, balance discipline with affection, and praise your child's good behavior. Parents who complete the course receive a copy of the Common Sense Parenting book.	Families with children ages 2-4	7 weekly 2 hour sessions <i>(must attend all sessions)</i>
503	Credit for Today	Financial Guidance Center	Building and maintaining favorable credit will allow you to achieve a better lifestyle. Learn how to define and manage your credit as a consumer, what makes up a credit score, which items affect credit history, and the effects of collection accounts and debt. Topics will include credit reporting, credit histories, credit worthiness, communication with creditors, bankruptcy, advantages and disadvantages of credit, credit abuse and recognizing scams.	Adult family members of CCSD students	1 hour session
504	Deals on Wheels: How to Buy a Car You Can Afford to Own	Financial Guidance Center	What can you afford to buy? What are the most economical methods of financing, leasing, insuring and maintaining a car?	CCSD High School Students and Adult family members of CCSD students	1 hour session
201	English as a Second Language (ESL) for Adults <i>Ongoing at FACES Family Engagement Centers</i> <i>(A one-time promotional workshop "Hello English!" is available at any location.)</i> Check out a 1-minute preview of the "Hello English!" course here! 	CCSD FACES and CSN (Course 201C)	This course introduces adults to basic structures and vocabulary of the English language through the skills of reading, writing, speaking, and listening. Students learn strategies in order to advance their reading, listening, and pronunciation skills. This workshop changes each session and varies at each FACES Family Engagement Center.	Adult family members of CCSD students	Varies by location

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530	Enough Abuse: Strategies for Family & Community	The Rape Crisis Center	<i>Enough Abuse: Strategies for Your Family and Community</i> provides an overview of adverse childhood experiences and toxic stress, including child sexual abuse, which can lead to high risk health behaviors and which can in turn contribute to the leading causes of disease and death in the U.S. It defines child sexual abuse, including touching and non-touching offenses, and discusses how they contribute to the trauma victims report. It discusses the many social messages children and youths receive from our culture, their communities and families, and how these contribute to the sexual abuse and exploitation of children. The presentation talks about how parents can utilize education, communication and advocacy in helping to prevent sexual abuse within their community.	Adult family members of CCSD students	1.5 hour session
406	Expanded Food and Nutrition Education Program (EFNEP)	UNCE	Join the Expanded Food and Nutrition Education Program (EFNEP)/Eating Smart and Being Active classes and learn how to save money and eat healthy! Our eight-lesson class series will teach you to <ul style="list-style-type: none"> • Save money and plan tasty, healthy meals for your family • Prepare new recipes and eat more meals at home • New ways to enjoy fruits and vegetables • Control portion sizes • Prepare and store food safely and prevent waste • Prepare nutritious and delicious recipes • Be more physically active with your children 	Adult family members of CCSD students	9 weekly 2 hour sessions
511	Financial Guidance Center Overview of Programs & Services	Financial Guidance Center	Do you feel like there's more month than money? Do you have credit issues or are you trying to build your credit? Are you thinking about home ownership? Want to get a certificate or college degree or own a small business? Learn about programs, services and resources that will help you meet your financial goals!	Adult family members of CCSD students	1 hour session
537 	Helping Children with Loss	Adam's Place	One in five children in the USA will experience the death of a loved one before they reach the age of 18. Children grieve differently than adults, and parents are often at a loss of determining what is normal and how they themselves can help, their family navigate this process. In three sessions, learn how children process loss and death, and tools you can give your child for dealing with loss and grief, and learn self-care for yourself so you can better help your family and child readjust to the loss.	Adult family members of CCSD students	3 weekly 1.5 hour sessions
538 	Identifying Depression, Anxiety, and Trauma in Children and Adolescents	Family and Child Treatment of Southern Nevada	This course will provide information regarding signs and indicators of depression, anxiety, and trauma specifically in children and adolescents, as well as suggestions for parents on how to respond to and help their children struggling with depression, anxiety, and/or trauma.	Adult family members of CCSD students	1.5 hour session

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531	Immigration 101	U.S. Citizenship and Immigration Services	This workshop provides information about family-based immigration as well as basics about how the United States immigration system works.	Adult family members of CCSD students	1-2 hour session
509	It's Not Just Jenna: Abuse Prevention	Rape Crisis Center	<p>"It's Not Just Jenna" presents the story of Jenna, a young woman who was sexually abused by a family friend. The story follows how her family discovered the abuse, and came together to get help for Jenna. The story of this family's healing helps parents understand how to prevent and address sexual abuse in an empowering way. Attendees will</p> <ul style="list-style-type: none"> • Learn strategies for sexual abuse prevention • Recognize the signs that an adult may present a risk to children • Recognize the signs that a child may be experiencing abuse • Understand the steps for responding to a child who discloses abuse 	Adult family members of CCSD students	1 hour session
532	Naturalization 101	U.S. Citizenship and Immigration Services	This workshop provides information on the process of becoming a U.S. citizen for those who currently have permanent residency status.	Adult family members of CCSD students	1-2 hour session
411	Nurturing Parents and Families <i>Available separately in Spanish Course 411S Criando con Amor</i>	Clark County DFS Parenting Project	This six-week program, designed for parents of children ages 6 months to 5 years-old promotes positive, healthy and nurturing interactions between parents and their infants, toddlers and preschool children. Developmental stages of children from infancy through preschool are presented. Parents will learn stress management techniques, how to establish routines and handle anger. Problem-solving techniques and appropriate behavior management methods are presented and practiced.	Families with children ages 6 months – 5 years	6 weekly 2 hour sessions <i>(must attend all sessions)</i>
516	Parenting the Positive Discipline Way	Illuminations Counseling	<i>Positive Discipline</i> is a program designed to teach young people to become responsible, respectful, and resourceful members of their communities. Receive an introduction to the <i>Positive Discipline Model</i> , the <i>5 Criteria for Effective Discipline</i> , and the program that is designed to assist parents discipline in a way that allows their child(ren) to become responsible, resourceful, and respectful members of their family and to the community.	Families with students in grades PK-12 (Adults and children may attend class together)	2 weekly 1.5 hour sessions

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507	Scams, Rip-Offs and Unwise Decisions	Financial Guidance Center	This workshop will define a scam, identify rip-offs and unwise decisions, and review the billions of dollars lost by consumers. Participants will learn why schemes don't work and will be provided with information for filing complaints. We will discuss scams such as charity solicitations, fraud through mail. Credit repair, travel scams, work at home, pyramid sales, grocery delivery services, and predatory lending. The workshop cautions consumers of the many tricksters whose attractive schemes and offers could prove to be costly.	CCSD High School Students and Adult family members of CCSD students	1 hour session
416	Stepping Stones Triple P	Clark County DFS Parenting Project	The Stepping Stones Triple P -Positive Parenting Program provides parents who have a child with a disability the skills and tools to promote positive behaviors and deal with misbehavior that can make a positive difference in family life.	Families with children ages 2-11 who have a disability	8 weekly 2 hour sessions <i>(must attend all sessions)</i>
324	Street Smarts: Encouraging Safe Walking and Bicycling to and from School	CCSD Safe Route to School	Walking and bicycling to and from school provides many benefits to students. Learn about those benefits and the following: teaching children to walk and bicycle safely to and from school, the importance of being a role model, and an overview of a parent led walking school bus or bicycle train program.	Families with students in grades PK-8; Parent Groups	1 hour session
521	The Climb: Never Give Up	Never Give Up Foundation	This 5 hour course offers best practices for engaging family members in meaningful interactions with the goal of creating common ground and appropriate communication within the family unit. Instructors present situations based upon real life situations along a theme where detachment from one another can pose long term challenges. Guided discussions and breakout groups will work through ways to keep lines of communication open within the family. <ul style="list-style-type: none"> • Week 1: Purpose • Week 2: Setting the Tone • Week 3: Emotional Resiliency • Week 4: Celebrating the Wins • Week 5: Letting Go 	Families with students in grades PK-12	5 weekly 1 hour sessions <i>(not necessary to attend all sessions)</i>
520	Toxic Stress & Child Development	Prevent Child Abuse Nevada at NICRP	A child's earliest years are the most crucial for brain development. Living in stressful environments can negatively affect a child's emotional, social, and physical development. Through this training, attendees will be provided with a brief overview of how stress can affect brain development, relevant information about community resources, and be reminded on how to identify potentially unsafe children and the steps to take when a suspicion arises.	Families with children ages 0-12	1 hour session

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413	Triple P: Positive Parenting Program <i>Available separately in Spanish Course 413S Programa de Padres Positivos</i>	Clark County DFS Parenting Project	The Triple P Positive Parenting Program helps parents with children ages 2 to 11 manage difficult behavior problem. Triple P suggests simple routines and small changes that can make a big difference in families. It helps parents understand the way their family works and helps create a more stable, supportive and harmonious family. In this eight-session program parents learn to deal positively, consistently and decisively with problem behavior and build positive relationships with their children so that conflict is resolved.	Families with children ages 2-11	8 weekly 2 hour sessions <i>(must attend all sessions)</i>

Explanation of Terms

CCSD	Clark County School District
CSN	College of Southern Nevada
DFS	Department of Family Services
EDE	Equity & Diversity Education Department
ELL	English Language Learner Division
FACES	Family And Community Engagement Services
IDPL	Instructional Design & Professional Learning
NICRP	Nevada Institute for Children's Research and Policy
SNRPDP	Southern Nevada Regional Professional Development Program
SRTS	Safe Routes to School
UNCE	University of Nevada Cooperative Extension
UNLV	University of Nevada, Las Vegas
Vegas PBS	Vegas Public Broadcasting System