

The Ripple Effect: Love, Live, Parent, Lead

Welcoming, educating, encouraging, learning through play: **FAMILY EDUCATION**

2017

LIVE

LOVE

PARENT

LEAD

Family Zumba **FAMILY**
 February 9, 6PM
 Ditch the workout, grab your family, and join the party! Zumba Fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, dance-fitness program. Kids are sure to learn the importance of physical health through fun! Drop-in and join the fun led by Nithya Krishnan! Healthy refreshments to follow!

Discipline Book Study
 Wednesdays, February 22– April 5, 10-11:30AM
 Join us in reviewing and diving into the book, Easy to Love, Difficult to Discipline. Relaxing discussion, refreshments, and concrete take-aways are part of this book study. Pre-registration required.



Infant & Child CPR Overview **CHILDCARE AVAILABLE**
 February 16, 9- 11AM
 Join registered nurse and professional medical trainer, Erin Lyons, for a free overview on infant and child CPR. This class is not meant to substitute for required CPR classes of medical or childcare professionals, but is a perfect fit for parents and community members wanting to respond effectively in an emergency! Pre-registration is required and space is limited. For-fee childcare available within our Me Time programming offered parallel to this class.

Managing Your Inner Gremlin **LUNCH HOUR**
 Thursdays, July 13-27, 12-1PM
 Come join Kim and learn how to beat that nagging inner dialogue that's interfering with living the life you desire! Pre-registration is required.

Marriage Refresher **EVENING**
 Spring Session: Wednesdays, March 8-29, 6-8 PM
 Fall Session: Wednesdays, September 13– October 4, 6-8 PM
 Join guest facilitators Danielle & Dave Peters for four evenings that are sure to refresh your marriage. This third annual offering fills very quickly; pre-registration is required.

Love Languages **EVENING**
 Wednesdays, August 2, 9, 16, 5:30-8PM
 When your relationship is healthy, everything else falls into place! The Five Love Languages utilizes fun-filled presentations and author, Dr. Gary Chapman, helps you identify your personal love language. He provides practical suggestions for enriching your marriage by practicing the other love languages. Pre-Registration is required.

Love Languages for Children **CHILDCARE AVAILABLE**
 Wednesday, December 6, 6-8PM
 During this workshop you will discover your child's love language, understand the link between successful learning and the love languages, see how love languages can help you discipline more effectively, and build a foundation of unconditional love for your child! Space is limited and registration is required. Free childcare is available, but space is limited, so register early.

Parenting Through Separation & Divorce
 January 25, March 23 April 20, June 29, August 24, October 18, November 29, 9AM-2PM
 Does your separation or divorce have you feeling like your entire world has been flipped upside down? This class teaches parents specifically how to keep their children and family healthy. It teaches effective communication, problem solving, conflict resolution, establishing a business-like relationship with a former partner, and strengthening parent-child relationships. Sliding-fee scale. Pre-Registration is required.

Flip It!
 Winter: Thursdays, January 12– Feb. 9, 10AM-12PM
 Summer: Thursdays, May 18– June 15, 12-2PM
 Fall: Tuesdays, October 3– 31, 10AM-12PM
 Discipline issues have the rest of your life feeling chaotic? FLIP IT is a four-step problem-solving strategy to help children identify their feelings, learn healthy self-control and reduce challenging behavior. Pre-registration is required.

24/7 Dads : A Group Just for Dads **EVENING**
 Spring : Wednesdays, April 5-June 21, 5:30-7:30PM
 Fall: Thursdays, August 31-November 16, 12-2PM
 Parenting just for dads! Open to dads of any age with children of any age or expecting a child!

Parenting with Heart
 Wednesdays, April 19– June 14, 9:30-11:30 AM
 Does work have you feeling stretched? Do you need to connect? Join us for an informal round table discussion setting where parents discuss a variety of topics. This is a ten-week course where you decide what to learn. Pre-registration required.

Ages & Stages **FLEXIBLE SCHEDULING**
 The Ages and Stages Questionnaire is a developmental screening opportunity for your 1.5-5.5 year old child. It includes both social and emotional, as well as developmental screenings. This screening is done privately one-on-one with one of our trained staff members. Call today to schedule an appointment!



A Storytime for Your Family: Literacy Hands On **FAMILY**
 January 26, 5:30PM
 Join PRC guest, Sue McConnell, Southeast Steuben County Library Children's Librarian, for an interactive story time that utilizes the five points of early literacy: sing, talk, read, write, play! Make sure to stay for pizza for the entire family immediately following! Pre-registration is strongly encouraged for food considerations.

Parent Advisory Group **CHILDCARE AVAILABLE**
 March 9, 9 AM & June 7, 5:30PM,
 and fall/winter date/time TBD
 Parents, community members, and staff come together to shape the direction of our PRC programming! Pre-registration required. Free childcare is available, but space is limited so register early.



School Readiness **CHILDCARE AVAILABLE**
 August, date/time TBD
 Join All Saints Academy's principal, Jim Tausel, for an interactive and engaging presentation on emotional, social, cognitive, and physical readiness, as well as the "age-appropriate" debate, educational trends and theories, how children learn, 21st Century Learning, and much more! Pre-registration required. Free childcare is available, but space is limited, so register early.



For more information, contact us:
 Julie Matusick, Education Manager: jmatusick@nonniehoodprc.org
 Deby DeHaas, Parent Educator: ddehaas@nonniehoodprc.org

***“Welcoming, educating, encouraging,
 and learning through play.”***

PLEASE NOTE: Dates & times subject to change. Please call the center for the most up to date information.