



Mesa Parent University

Fall, 2009

www.mpsaz.org/parentu

Sponsored by Mesa
Public Schools
An Equal Opportunity
Organization

**All Classes are FREE!!
Pre-registration is required!!**

480-472-7278

MESA
PUBLIC SCHOOLS
There's no better place to learn

Featured Classes

High school juniors and seniors can attend sessions #1-4

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Points of view are those of the author and do not necessarily represent the official position or policies of Mesa Public Schools

Todos los cursos en esta pagina se interpretan en

Persons bringing infants or children to sessions will not be admitted into class.

#1 The Hero's Journey

with Larry Gneiting, PhD.

Thurs., Sept. 10, 2009

6:30—8:30 pm

Curriculum Service Center
Board Rm., 549 N. Stapley, Mesa,

2 Long before books, radio, movies or television, there were storytellers. Each of us takes a "Hero's Journey" - a pattern echoed in folktales, mythology and religions that span the globe. Come prepared to explore which type of the Hero's Journey are currently prominent in your life, and discover methods for guiding children on their journeys.

#2 That's It, You're Grounded for Life!

with Ginny Luther—

Tues., Sept. 15, 2009

6:30—8:30 pm

Brimhall Jr. High Auditorium
4949 E. Southern, Mesa

I've tried it ALL! I've taken away EVERYTHING and nothing is working! Many adults impose consequences as a means of helping children learn from their mistakes. Strategies designed to impose guilt and shame will work short term, but don't help to internalize ownership, acceptance or willingness to repair their mistakes. Learn strategies that

help children reflect, problem solve and ultimately internalize learning.

#3 Building Success For Kids With ADHD

with Dee Crane ACC, SCAC

Thurs., Oct. 22, 2009

6:30—8:30 pm

Poston Jr. High Auditorium
2433 E. Adobe St., Mesa

Your child has been diagnosed with ADHD, you've read all the books, you've talked to the Dr., now what? In this class strategies and tools will be given to help your child:

- Remember what needs to be done
 - Plan and reason in regards to how to do tasks
 - Get started, complete tasks and get and stay organized
- Parents will learn how to have the energy and consistency to do what needs to be done.

#4 Modern Dads... How Men's Lives are Changing and Why It Matters to Families

with John Badalament.

Thurs., Nov. 19, 2009

6:30—8:30 pm

Taylor Jr. High Auditorium
705 S. 32nd St., Mesa, AZ 85204

This workshop is for both parents with children of all ages. You will learn:

- the current research about how fathers impact boys' and girls' lives academically and emotionally
- Activities to help dads handle conflict & keep the lines of communication open
- How women/mothers can support and challenge fathers and father-figures
- Insight into pressing issues such as how to parent "on the same page" with a partner, divorce, coping with media and balancing work/family.

#5 Anxiety, Test Taking School Work and School Attendance

with Dr. Armondo Piña

Tues., Dec. 8, 2009

6:30—8:30 pm

Curriculum Service Center
Board Rm., 549 N. Stapley, Mesa

Back by popular demand, come and listen to another evening packed with information and 3 step plans to help your child with his/her anxiety related to testing, school work and school attendance.

Guidance and Behavior Classes

#6 Padres en Acción

Gaby Hume

17, 24 de septiembre y

1 de octubre, 2009

6:00—7:30 pm

Escuela Webster

202 N. Sycamore, Mesa 85201

¿Cómo puedo ayudar a mi hijo a tener logros académicos y en la vida? ¿Qué significa ser sobresaliente en la escuela? ¿Y cómo tener logros en la vida? ¿Cuáles son las cualidades de aquellas personas que se han comó tener logros en la vida? ¿Cuáles son las cualidades de aquellas personas que se han superado?

Venga y descubra respuestas a estas preguntas y más.

#7 Becoming a Love and Logic Parent®

with Larry Kirby

Tues., Oct. 20, 27, Nov. 3 and 10, 2009

6:30—8:30 pm

Entz Elementary Media Center

4132 E. Adobe, Mesa 85205

This class demonstrates an effective style of parenting that will increase confidence and create a more enjoyable home environment. Parents and teachers find this to be an extremely practical and entertaining program, offering skills that will be used immediately.

Ten Steps to Positive Discipline

with Sharon Holycross

#8 Weds., Sept. 2, 9, 23, 30

and Oct. 7, 2009

6:30—8:30 pm

Skyline High School, Rm. 109

845 S. Crismon, Mesa 85205

or

with Patty Peplow

#9 Mon., Sept. 21, 28, Oct. 5, 19

and 26, 2009

6:30—8:30 pm

Hawthorne Elementary Media Center

630 N. Hunt, Mesa 85203

Based on Conscious Discipline® and the

work of Dr. Becky Bailey, you'll learn how to:

- Give effective commands
- Guide children away from tattling
- Problem solve
- Empower victims and teach bullies new skills
- Look for solutions
- Help children develop self-esteem
- Identify ways children communicate



#10 Setting Limits Without Guilt

with Venus Leopold

Thurs., Nov. 12 and 19, 2009

6:30—8:30 pm

Madison Elementary Media Center

849 S. Sunnyvale, Mesa 85206

Based on Dr. Becky Bailey's Conscious Discipline®, this workshop is about setting limits with the useful tools provided. Learn the secrets of being both firm and fair!

- Shift from fear to love
- Shift from "how do I get my child" to "how do I help my child more likely choose to"
- Learn what is developmentally appropriate for your child's age
- Learn the power of self-control

Diez Pasos Hacia una Disciplina Positiva

with Gaby Humes

#11 22, 29 de octubre y 5, 12, 19

de noviembre, 2009

6:30—8:30 pm

Escuela Eisenhower Elementary

848 N. Mesa Dr., Mesa 85201 or

#12 9, 16, 23, 30 de noviembre y 7

de diciembre, 2009

6:30—8:30 pm

Escuela Hawthorne Elementary

630 N. Hunt, Mesa

- Transforma a los bravucones
- Aumenta l disposición

- Reduce rivalidades de hermanos
- Reduce luchas por el poder
- Da poder a las victimas

#13 The Significant Seven

with Patty Peplow

Thurs., Oct. 8, 22, 29, Nov. 5

and 12, 2009

6:30—8:30 pm

Poston Jr. High, Rm. 801

2433 E. Adobe, Mesa 85213

This workshop is geared for tweens and teens. The class will provide participants with effective strategies and techniques to help others reduce interpersonal conflicts; assist children in taking greater responsibility for their actions; develop strong perceptions of personal capability, significance and influence; communicate more effectively and improve motivation.



#14 Raise Your Family, Not Your Fist: A Father's Role in Ending Violence

with Neil Tift

Thurs., Nov. 12, 2009

6:30—8:00 pm

Highland Elementary Media Center

3042 E. Adobe, Mesa 85213

This workshop will examine the emotional impact fathers have on their children and recognize male socialization factors that contribute to appropriate and inappropriate expressions of emotions. Participants will explore conflict resolution, healthy methods of expressing anger and examine the consequences of conflict and violence upon families. This class is for mom's too.



**All Classes
are
FREE!!!**

Health and Academic Classes

#15 Parent/Professional Collaboration (Part 1)

with *Raising Special Kids Presenter*

Tues., Sept. 1, 2009

6:30—8:00 pm

Sharp School

950 N. Sunvalley Blvd., Mesa 85207

Do you have a special needs child? This workshop will give detailed ways to learn how parents and professionals can develop a positive working relationship to benefit your child.

#16 Understanding the IEP (Part 2)

with *Raising Special Kids Presenter*

Tues., Sept. 8, 2009

6:30—8:00 pm

Sharp School

950 N. Sunvalley Blvd., Mesa 85207

Come and learn about the process of IEP's, parents' role in the decision-making process and how to prepare for meetings.

#17 Is This the Right Place For My Child?

with *Child Care Resource and Referral Presenter*

Mon., Oct. 26 and Nov. 2, 2009

6:30—8:00 pm

Johnson Elementary Media Center
3807 E. Pueblo, Mesa 85206

As a parent, choosing childcare is one of the most important decisions we make in the lives of our children. Learn what quality childcare is, how to find it, state regulations, provider-child interactions, the importance of center-based play and a discussion about fears and concerns we as parents may encounter when our children are in childcare settings.

#18 YIKES! He's 16 and Wants to Drive

with *Farmers Insurance Presenter*

Thurs., Sept. 3, 2009

7:00—8:00 pm

Stapley Jr. High Media Center

3250 E. Hermosa Vista, Mesa 85213

This workshop will discuss the parent's role with a teenager who has recently obtained a permit or license. We will discuss important facts that parents should inform their drivers of, as well as review a New Driver Safety Handbook. We will discuss the insurance aspects of teenage drivers; how your rates will be

affected, discounts available and much more.

#19 Once Upon a Time.... Family Story Times and More

with *Venus Leopold & Cammie Trumble*

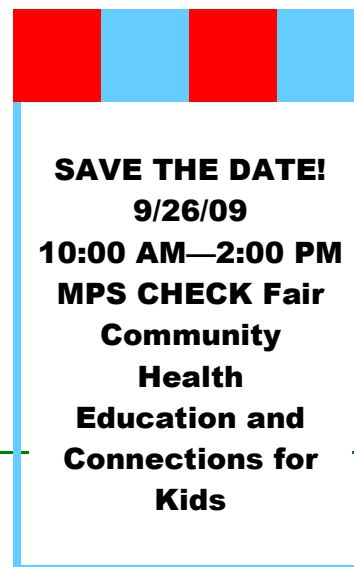
Tues., Sept. 29, Oct. 6, 20 and 27, 2009

6:30—7:30 pm

Irving Elementary Media Center

3220 E. Pueblo, Mesa 85204

Listening to stories encourages imagination, interest and language acquisition in your child. Fabulous children's stories will be told in this class along with exciting hands on activities. Come and have a stress free evening. This class is a must for the **whole** family.



Growth and Development Classes

#20 What They Do For Love: Grandparents Raising Grandchildren

with *Beatitudes Center DOAR*

Thurs., Oct. 1, 2009

6:30—8:30 pm

Madison Elementary Media Center

849 S. Sunnyvale, Mesa, 85206

This class will look at the issues surrounding grandparents raising grand-

children and relatives as parents. Project GrandCare will cover the reason why kinship care is happening and what collaborative efforts and innovative programs are available. Discover various legal options and your rights.

#21 Drug Trends

with *Community Bridges*

Tues., Nov. 17, 2009

6:30—8:30 pm

Taft Elementary Media Center

9800 E. Quarterline, Mesa

Drug use is not only an individual problem; it is a problem affecting the entire community. Attendees will learn current drug trends, what use looks like and how to recognize paraphernalia and concealment. Effective prevention strategies, such as delaying the onset of alcohol use or monitoring medicine cabinets at home are discussed.

Registration Form (Fall, 2009)

Complete and return **NOW** to guarantee your spot in the class!

Name(s): _____

Name(s): _____

Address: _____

City, Zip: _____

Phone: _____

Return to:

Mesa Public Schools

Attn: ECPED/Jan

549 N. Stapley

Mesa, AZ 85203

Class Number	Class Title	# People

**Due to classes being free
Pre-registration Is Required**
Call Jan Umhay at (480)472-7278 With Questions



Mesa Public Schools
Early Childhood & Parent Education Dept.
549 N. Stapley Drive
Mesa, AZ 85203-7203

