

May 2014

Openings for presentations & workshops! For details, call Melody at 480-362-5680.

Opportunity Center & Lab Hours:
Monday through Friday
8:30 AM to 4:30 PM.

Mon	Tue	Wed	Thu	Fri
<p>For more information on the workshops and classes please contact the Life Enhancement And Resource Network. *Schedules subject to change, for updates and changes please call the LEARN office or send an email to be added to the mailing list. LEARN Office: 480-362-5680 Email: melody.delmar@srpmic-nsn.gov</p>				
<p>5 9-12 LEC 2-4:30 Multi-Media Art Workshop 2-3 Tutoring Services</p>	<p>6 10-12 Math Tutoring 3-4 Resume Building 6-8 Fatherhood</p>	<p>7 9-12 LEC 2-3 Caring for Caregivers</p>	<p>8 8-9 LEARN w/ Staff 9-10 Life Enhancement Class Orientation 11-12 Health & Nutrition 1:30-4 Cultural Crafts 6-8 Healthy Relationships</p>	<p>9 <i>Discovering Women's Empowerment (TSR)</i></p>
<p>12 9-12 LEC 2-4:30 Multi-Media Art Workshop 2-3 Tutoring Services</p>	<p>13 10-11 Baby Yoga Basics 10-12 Math Tutoring 11:30-12:30 Youth Services 3-5 IEP Training 6-8 Fatherhood</p>	<p>14 9-12 LEC 12-1 Teaching Your Child the Value of a Dollar 1:30-2:30 Qi Gong 4:30-6 Mentorship</p>	<p>15 11-12 Health & Nutrition 1:30-4 Cultural Crafts 6-8 Healthy Relationships</p>	<p>16 9-12 LEC (Senior Services) 1-3 Cultural Crafts</p>
<p>19 9-12 LEC 1-2 Self-care: Mental, emotional, physical 2-4:30 Multi-Media Art Workshop 2-3 Tutoring Services 4-5 ECEC Enrollment Process</p>	<p>20 10-12 Math Tutoring 3-4 <i>Honoring Your Voice</i> 6-8 Fatherhood</p>	<p>21 9-12 LEC 12-1:30 Cooking Class-Veggie Friendly Meals 2-3 Communication with Elders</p>	<p>22 9-10 Life Enhancement Class Orientation 11-12 Health & Nutrition 1-3 Cultural Crafts 3-5 Parent/Professional Collaboration 6-8 Healthy Relationships</p>	<p>23 9-12 LEC (Senior Services) 1-3 Cultural Crafts 3-4 LEARN w/ Staff</p>
<p>26 MEMORIAL DAY OPPORTUNITY CENTER & COMPUTER LAB CLOSED</p>	<p>27 10-12 Math Tutoring 6-8 Fatherhood</p>	<p>28 9-12 LEC 12-1:30 Cooking Class-Dinner & Dessert 1:30-2:30 Qi Gong</p>	<p>29 11-12 Health & Nutrition 1:30-4 Cultural Crafts 6-8 Healthy Relationships</p>	<p>30 9-12 LEC 1-3 Cultural Crafts</p>

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Opportunity Center Workshop Descriptions

Baby Yoga Basics. Melody Delmar. Interacting with your baby with yoga, enhancing brain development and attachment.

Caring for Caregivers. Mary Weston. Brief overview of care for yourself as a caregiver of an child, elder, or a physically challenged family member.

Communication with Elders. Mary Weston. Tips, suggestions, and ideas for communicating with elders.

Cooking Class-Veggie Friendly Meals. Brandon Boatman. Healthy meal incorporating more veggies.

CLASS HELD AT FOOD BANK

Cooking Class-Dinner & Dessert. Denise Russell. Dinner complemented with dessert. AT FOOD BANK

Cultural Crafts. LEARN Staff. Sewing, beading, gourds, crafts for any and all. Supplies limited! All items are being donated to the fund raising events for the Men & Women's Gathering in August 2014.

Discovering Women's Empowerment. LEARN. Annual event for female participants and staff of LEARN

ECEC Enrollment Process. Carmen Briones. Information on ECEC services and enrollment process for May 30th deadline. Come in and register today!

IEP Training. Raising Special Kids. Learn about the purpose of IEP's, parents' role in the process, and how to prepare for meetings.

Honoring Your Voice. Melody Delmar. Basic effective communication techniques to honor your voice.

LEARN w/ Staff. Aurelio Mori & Staff. Open discussion, Q & A, for LEARN participants to discuss topics with LEARN staff regarding: class requests, guidelines, suggestions for improvement, etc.

Managing Stress w/ Qi-Gong. Shawn Taylor. Utilize an ancient Chinese solution for stress management.

Math Tutoring. Trinity Washington. Tutoring specializing in all areas of mathematics.

Money Making Sense/Budgeting. Sulie Richardson, DSFCU. Parents learn how to introduce money concepts to children.

Multi-Media Art. Loren Francisco. Gain basic knowledge and techniques of art medium drawing, painting, etc. Supplies provided to a limited amount of participants, be on time!

Nutrition Series. Heidi Keeling. 7-week series on Nutrition education presented by the U of A's Expanded Food and Nutrition Education Program (EFNEP), certification received upon completion.

Parent/Professional Collaboration. Raising Special Kids. Effective Tools for collaborating as both a professional and parent.

Resume Building. Melody Delmar. Tips for a great resume! Bring yours to work on, or start one!

Self-Care: Mental, Emotional, Physical. MaryLynn Marshburn. Methods about self-care before reaching a meltdown, covering three important areas of your physical, mental, and emotional health.

Tutoring Services. Step-Up Tutoring. Tutoring in subjects: math, English, reading, GED, College, etc.

Youth Services-Summer Programming. Karina Watson. Summer programs and events with Youth Services and how to get registered.

The following workshops require a registration process

Please make contact first

Fatherhood Program*. A father's role makes a significant difference in the life of a child, become an involved father to increase your child's potential. 24 week program. *Males only.* Please contact Kevin Poleyumptewa or Robert Hickem for more information at 362-5680.

Healthy Relationships. Develop skills to produce healthy relations and active communication. 24 week program. Please contact Kevin Poleyumptewa or Robert Hickem for more information at 480-362-5680.

Life Enhancement Classes*. Focus on life skills for parents concerning topics related to Personal Development, Education, Finances, Child Development, & Health. 12 week program. Please contact 480-362-5680 for information.

Mentorship Program*. For youth ages 10-17, who will become matched with a mentor. Fun interactive, cultural, & developmental activities planned. **MENTORS NEEDED.** Please contact Kevin at 480-362-5680.

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