

# **REGION 3 PARENT WORKSHOPS 2006 – 2007**

All our workshops require pre-registration. When you call to register for these workshops, please be prepared to give the name of the child that you are bringing for only for those workshops that permit a child to attend. All workshops will include refreshments. However, childcare is not provided. Please call our Sutphin Boulevard Parent Support Office at 718.557.2803, 2804, 2805 or 2806 in order to register for any of these workshops. Please call and make your reservations early. Spaces do fill up quickly. Dates and times of workshops are subject to change. In the event that there are necessary changes, participants will be notified. If you have any questions or concerns regarding this calendar, please e-mail Marsha Tom, Regional Director of Parent Support at [mtom@schools.nyc.gov](mailto:mtom@schools.nyc.gov)

<b>TOPIC</b>	<b>DATE</b>	<b>TIME</b>	<b>PLACE</b>
<p><b>The High School Application Process</b>                      The High School Application Process: Choosing the right high school can be a difficult and confusing task for both students and their parents. This workshop guides you through the process. You will learn some of the important factors to consider when making choices, important dates to remember and how to help your child through each step of this process. A hands on exercise will be provided where you fill out an actual high school application.  <b>Presenters: Gloria Cahill and Erica Zurer, Parent Support Officers</b></p>	<p><b>Thursday September 14, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Coping with School Anxieties</b>                      Most children experience some unease or discomfort about school. This workshop examines the issue of “school anxiety” in all grade levels: What is school anxiety? What are some of the feelings and behaviors that students exhibit; and what are the different types of school anxieties? Through sharing their own experiences, parents will devise strategies to help their children cope with school anxiety.  <b>Presenters: Sonia Rueda and Erica Zurer, Parent Support Officers</b></p>	<p><b>Thursday October 5, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>So Your Child’s Going to Middle School.....</b>                      “Nervous about having your child attend middle school?” This workshop will demystify the middle school transition process. We’ll talk about some of the myths related to middle school and share some helpful ways to ease the tension and stress related to the transition process. The middle school transition can affect you as a parent as much as it does your child.  <b>Presenters: Sonia Rueda and Regina Schroeter, Parent Support Officers</b></p>	<p><b>Wednesday October 11, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Communicating with Your Child</b>                      The concept of communication and how your child responds to our personal style of communication will be covered. Parents will learn techniques that will improve their understanding in order to encourage open relationships with their children.  <b>Presenters: Members of PC3*</b></p>	<p><b>Thursday October 12, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>

TOPIC	DATE	TIME	PLACE
<p><b>Penguin Jeopardy</b>            Not exactly about penguins in trouble, but this delightful workshop takes you on an exploration into the life of the always formally dressed bird, by combining the fun of the game show Jeopardy and penguin facts. All the categories are about penguins and like the game show, the team (parent/child) with the most points wins "Penguin Jeopardy"! Remember to don your tux and top hat!  <b>Presenter: Myrna Perez-Fung, PS 188 Parent Coordinator</b></p>	<p><b>Monday            October 16, 2006</b></p>	<p><b>5:30 pm – 8 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4<sup>th</sup> Floor</b></p>
<p><b>How to Prepare for College</b>            An enlightening review of what to anticipate as you and your child journey down the next path in life. How to apply for financial aid and what college level expectations are will all be covered in this workshop in order to prepare you.  <b>Presenters: Gloria Cahill, Ernest Clayton, Parent Support Officers</b></p>	<p><b>Monday            October 16, 2006</b></p>	<p><b>5:30 pm – 8 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>Homework &amp; Study Habits</b>            This wonderful workshop aims to help you understand the roadblocks that may be preventing your child from using homework time as positive reinforcement rather than daily torture. Parents will benefit from tips and strategies that will assist children in approaching homework with a positive attitude.  <b>Presenters: Members of PC3*</b></p>	<p><b>Friday            October 20, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>The Positive Path: Stepping Stones for a Happy Child</b>            We all hear about how important having self-esteem is. But, as a parent, how do we ensure that our children feel good about themselves? This workshop captures just that. Discover what is really happening with our children's thinking processes and development and how you can be a major contributor to building high self-esteem.  <b>Presenters: Members of PC3*</b></p>	<p><b>Tuesday            October 24, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>How Rude! A Parent's Guide to Stopping the Madness!</b>            Remember your most embarrassing moment? This workshop will help to ward off problems proactively before you turn beet red with embarrassment in public. Basic rules of etiquette and common sense sometimes evade us in our everyday lives. Learn about ways to help your child "cross their tees and dot their eyes."  <b>Presenters: Members of PC3*</b></p>	<p><b>Wednesday            October 25, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4<sup>th</sup> Floor</b></p>
<p><b>Understanding the Department of Education</b>            Navigating the Department of Education can be a daunting task. An overview will be given which will demystify the restructuring of the department and explain how services are rendered in the system.  <b>Presenters: Regina Schroeter, Sonia Rueda, Parent Support Officers</b></p>	<p><b>Wednesday            October 25, 2006</b></p>	<p><b>5:30 pm – 8 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4<sup>th</sup> Floor</b></p>
<p><b>Keeping My Child Safe</b>            A workshop that will cover safety at home, at school and in the community. Each parent will receive a special safety folder filled with important documents to ensure your child's safety in our sometimes uncertain world.  <b>Presenter: Marsha Tom, Regional Director of Parent Support</b></p>	<p><b>Friday            November 3,            2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>

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<p><b>Surviving Adolescence: A Guide for Parents</b>            The adolescence period can be the most difficult period of time in you and your child's life. Learn some strategies that will help you understand that you will never win the battle, but you can win the war!  <b>Presenters: Erica Zurer, Sonia Rueda, Parent Support Officers</b></p>	<p><b>Thursday November 9, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>If the Shoe Fits, Wear It!</b>            This workshop addresses the different learning styles that children have. Each child learns in a different way and possesses strengths and weaknesses in different areas on instruction and development. Improve your ability to identify where your child's weaknesses are so that you can focus on those areas.  <b>Presenter: Wanda Gaines, Parent Support Officer</b></p>	<p><b>Tuesday November 14, 2006</b></p>	<p><b>9 am – 1 2pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Skillful Parenting</b>            This workshop can be compared to Parenting 101. This session gives parents a chance to share and reveal the secrets to successful parenting while exchanging new ideas that lead towards great opportunities to bond with your children.  <b>Presenters: Members of PC3*</b></p>	<p><b>Thursday November 16, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Discovering New York City</b>            What a dynamic, fast paced and fun way to learn about the treasures that we walk past everyday. Learn so many unknown facts and secrets about the greatest city in the world. New Yorkers know less about New York than our tourists. Let's take this fascinating tour together! All aboard!!!!  <b>Presenters: Members of PC3*</b></p>	<p><b>Friday December 1, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Language, Love &amp; Letter Writing</b>            When was the last time you received a hand-written letter? When was the last time you wrote one? How did it make you feel? Come learn what letter writing can mean to our children and how to encourage this almost "lost" form of communication within your family.  <b>Presenters: Regina Schroeter and Sonia Rueda, Parent Support Officers</b></p>	<p><b>Tuesday December 5, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>African Mask Making: Session 1 of 2</b>            Join us as we learn about ancient masks that served a purpose far beyond the obvious. Each participant will design and make their own mask. No previous talents needed. Know how to use scissors and magic markers? You're set! This is a two-session workshop. Session one will encompass learning, designing and starting your own mask. Session two will help you finish and polish up your masterpiece. You'll be amazed and dazzled at what you can create with our artistic help and guidance!  <b>Presenter: Marsha Tom, Regional Director of Parent Support</b></p>	<p><b>Thursday December 7, 2006</b></p>	<p><b>9 am – 3 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Creative Crafting Through Bookmaking, Part I</b>            Learn how to make the most unconventional books which encourage children to write. Children who find creative and fun ways to read and write in their own books and journals can impact on their own literacy.  <b>Presenters: Members of PC3*</b></p>	<p><b>Tuesday December 12, 2006</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>

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<p><b>The Home Series: Cook It!</b>            Don't have hours to prepare dinner each night, but want your family to have nutritious home cooked meals? Our workshop will cook up scrumptious 30-minute meals that your family will love! From salad to dessert, we'll get you in and out of the kitchen in minutes! Part 1 of 6 of the Home Series.  <b>Presenters: Members of PC3*</b></p>	<p><b>Monday January 8, 2007</b></p>	<p><b>5:30 pm – 8 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>African Mask Making: Session 2 of 2</b>            Session 2 of this wonderful opportunity to flaunt your creativity will help you further develop the masks that were started in session one. Details will be added using lots of trimmings and embellishments. Your completed mask will be ready for hanging in a prominent place. Pick the spot now!  <b>Presenter: Marsha Tom, Regional Director of Parent Support</b></p>	<p><b>Tuesday January 9, 2007</b></p>	<p><b>9 am – 3 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Bullying: Don't Suffer in Silence!</b>            Too many children suffer needlessly from the negativity of their peers and can't find a way out. This session hopes to help parents identify the signs in order to help a child find a way to proactively deal with those traumatic situations that can leave scars forever.  <b>Presenters: Members of PC3*</b></p>	<p><b>Wednesday January 10, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>I Spy a Whistle, 2 Buttons and a Butterfly</b>            I spy three dogs, two fishhooks, a broken oar, a needle, a spool and the Treasure Chest Store. I spy an acorn, two lizards, a lock and a key, three thimbles, three fish, five hearts: all for me! Do these questions sound familiar? Join us as we discover the enchantment of the I SPY book series. Explore with us as we learn how such fun is based on instruction. Each participant will be able to make their own I SPY board fashioned after this amazing concept and receive their own copy of one of the I SPY series. Come and join us. You'll never look at things the same way again!  <b>Presenters: Marsha Tom, Regional Director of Parent Support Vicki Brathwaite, Regional Instructional Specialist</b></p>	<p><b>Thursday January 11, 2007</b></p>	<p><b>9 am – 1 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Time Management for Kids</b>            Why do our children tell us about all the consent forms, papers and notices that have to be returned to the school at the last minute? Why does my child who can excel academically sometimes forget to submit a report or hand in a crucial paper? Participate in this great workshop and go home with actual tools and strategies that will assist students and parents with keeping on track and on target.  <b>Presenters: Myrna Perez-Fung and Loida Millan, Parent Coordinators</b></p>	<p><b>Tuesday January 16, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>How to Get Along with Anyone</b>            This session will cover exactly what it says. It will share basically how to get along with anyone. Misunderstandings happen when assumptions are made and things don't seem to be the way they should. We'll look into seeing beyond this.  <b>Presenters: Members of PC3*</b></p>	<p><b>Friday January 19, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>

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<p><b>Extracurricular Activities for Families</b> Couch Potatoes arise! Get your family up and moving. Take an unusual class together, join a sports league, start a book club. Discover ways to reconnect with your family while enjoying different ways to have fun. This workshop puts the focus on "Family First".</p> <p style="text-align: right;"><b>Presenters: Members of PC3*</b></p>	<p style="text-align: center;"><b>Monday January 22, 2007</b></p>	<p style="text-align: center;"><b>5:30 pm – 8 pm</b></p>	<p style="text-align: center;"><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Setting Limits: Stop in the Name of Love</b> Tired of fighting and arguing to get your child to do his or her work, chores, etc. Learn how to stop the screaming and yelling, develop win-win situations and practical ways to set limits that get positive results that you and your child can both agree to and live with.</p> <p style="text-align: right;"><b>Presenters: Members of PC3*</b></p>	<p style="text-align: center;"><b>Tuesday January 23, 2007</b></p>	<p style="text-align: center;"><b>9 am – 12 pm</b></p>	<p style="text-align: center;"><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Creative Crafting Through Book Making II</b> Learn even more exciting ways to motivate children to use bookmaking as an introduction to journal writing and other areas of instruction. Make the most unconventional books which encourage children to write. Children who find creative and fun ways to read and write in their own books and journals can impact on their own literacy.</p> <p style="text-align: right;"><b>Presenters: Members of PC3*</b></p>	<p style="text-align: center;"><b>Wednesday January 24, 2007</b></p>	<p style="text-align: center;"><b>9 am – 12 pm</b></p>	<p style="text-align: center;"><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>The Home Series: Fix It!</b> Tired of paying a handyman for small household fixes? Learn how to do it yourself! Change a light switch, a ceiling fan or light fixture; run another phone line in an apartment or house. Fix a dripping faucet, update your old fixtures or replace the caulking in your bathroom. You can do it! Part 2 of 6 of the Home Series.</p> <p style="text-align: right;"><b>Presenters: Members of PC3*</b></p>	<p style="text-align: center;"><b>Thursday January 25, 2007</b></p>	<p style="text-align: center;"><b>9 am – 12 pm</b></p>	<p style="text-align: center;"><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Together We Can Build Better Schools</b> What is the Home-School-Community Partnership? Are you curious as to how you can help your school improve? What is your role in making better things happen in your school? Join us in an important discussion as we discover together how you can help your child receive the best education by working as a partner in the educational system. Simple strategies applied individually can impact the school on a wide scale collectively.</p> <p style="text-align: right;"><b>Presenters: Members of PC3*</b></p>	<p style="text-align: center;"><b>Monday January 29, 2007</b></p>	<p style="text-align: center;"><b>9 am – 12 pm</b></p>	<p style="text-align: center;"><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>King Tut: What Can Artifacts Reveal About You?</b> In this workshop each participant will receive the National Geographic Explorer magazine, featuring <i>King Tut</i>. Participants will use it as a resource to explore strategies that can be used at home to support their child's writing. Writing strategies will include "writing from what you know" and researching to learn more about a subject of interest. There will be a craft activity based on the <i>King Tut</i> article and each participant will receive a list of websites for further exploration at home with their child.</p> <p style="text-align: right;"><b>Presenter: Ann Kelleher, PS 139 Parent Coordinator</b></p>	<p style="text-align: center;"><b>Tuesday January 30, 2007</b></p>	<p style="text-align: center;"><b>9 am – 12 pm</b></p>	<p style="text-align: center;"><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>

TOPIC	DATE	TIME	PLACE
<p><b>Mad is Not Bad as Long as You Manage it Effectively</b>            Ever feel like there's only one way to answer someone in a difficult situation? Join us to find out about how keeping your cool is better for you and everyone else. The ability to diffuse heated situations can be a difficult task, but it can also become a very useful tool in helping yourself and others. Find out about the health benefits managing anger can bring as well. <b>Presenters: Members of PC3*</b></p>	<p><b>Wednesday February 7, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Dinner: It's Not Just About the Food</b>            Do you have any idea what is really happening at your dinner table? They may be arguing about their veggies but, there is so much more going on than we realize. Did you know that your nine year old is capable of strategizing political moves with your brain over mashed potatoes without you even knowing it? Come and find out how you can use dinnertime as a tool to build meaningful relationships through talk, laughter, games and much more. After all, dinner is not just about the food. <b>Presenters: Members of PC3*</b></p>	<p><b>Tuesday February 13, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>The Home Series: Paint It!</b>            Tired of plain white walls, and the same old drab furniture finishes? Learn easy ways to revitalize a room with rich wall color choices or make your furniture look like new with simple stains for color change, as we take you through the steps from prepping to painting. Part <b>3</b> of <b>6</b> of the Home Series. <b>Presenters: Members of PC3*</b></p>	<p><b>Monday March 5, 2007</b></p>	<p><b>5:30 pm – 8 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Traveling the Media Highway</b>            Putting Parents in the Driver's Seat            This workshop will improve your understanding about how media impacts our children and society so that parents can make educated decisions about what their children watch and listen to. We will discover the negative messages and connotations that we are completely unaware of in the media and how to prevent our children from becoming victims and eventually consumers. <b>Presenters: Members of PC3*</b></p>	<p><b>Tuesday March 6, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Button Up!</b>            Get ready to button up everything! This wonderful session gives parents and children an opportunity to use those buttons hiding in your dresser and kitchen drawers in the most unusual and creative ways imaginable. You'll have a great time bonding together and never look at a button quite the same way ever again. <b>Presenters: Lilly Chu, Mary Bow, and Myrna Fung, Parent Coordinators</b></p>	<p><b>Thursday March 8, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Sharing Family Stories</b>            Bring your tissues everyone! This wonderful workshop takes you down memory lane and helps you embrace the good times and the bad. By sharing family stories and other strategies, we learn to cope with other factors of life as a multitude of challenges effect our daily lives. Please bring with you a photograph, memento or anything that you feel comfortable sharing with others. We will not keep it. It will go home safely with you. <b>Presenters: Sonia Rueda, Regina Schroeter, Parent Support Officers</b></p>	<p><b>Tuesday March 13, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>

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<p><b>Happier Parents Means Happier Kids</b>            Stressed out parents tend to stress out their kids. Here, parents can learn less stressful ways to handle conflict and situations that will allow us to handle anger and frustration in a positive and productive way.  <b>Presenters: Members of PC3*</b></p>	<p><b>Thursday            March 15, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>Creative Crafting Through Book Making III</b>            Kick it up another notch again in the third of this workshop series! Creativity abounds as you become “literate” in the art of turning bookmaking into a literacy project once again. Learn even more creative ways to motivate children to use bookmaking as an instructional tool. Children who find creative and fun ways to make books become motivated to read and write more often.  <b>Presenters: Members of PC3*</b></p>	<p><b>Tuesday            March 20, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4<sup>th</sup> Floor</b></p>
<p><b>The Home Series: Decorate It!</b>            Do you watch those home shows or flip through home decorating magazines and dream of rooms with pizzazz? We can show you simple, creative, inexpensive solutions to a beautiful home. Part 4 of 6 of the Home Series.  <b>Presenters: Members of PC3*</b></p>	<p><b>Monday            March 26, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>The Birds and the Bees</b>            Insects and spiders, flowers and trees, birds and bats, fruits and leaves. Our environment is a hunting ground to be explored. Explore plants and animals and learn how science fits into our everyday lives. Interactive activities will help you to understand the science connection in your child’s classroom.  <b>Presenter: Lori Butera, Parent Support Officer</b></p>	<p><b>Tuesday            March 27, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>Success Through Positive Parenting</b>            Sometimes misbehavior is answered with unsuccessful methods. Children tend to do the same thing because they know they will get the same response. Come and learn strategies that will help you correct your children in positive proactive ways.  <b>Presenters: Sonia Rueda, Regina Schroeter, Parent Support Officers</b></p>	<p><b>Tuesday            April 17, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4<sup>th</sup> Floor</b></p>
<p><b>Creative Crafting Through Basket Making</b>            Learn the old world art of basket making. Create a piece of art using natural elements and prepare to take your developed patience and talent to the next level. Parents will share with their children the enrichment of math, literacy, science and art while promoting self-esteem, creativity, and relaxation. Each parent leaves with a personally handmade wicker basket.  <b>Presenters: Members of PC3*</b></p>	<p><b>Thursday            April 19, 2007</b></p>	<p><b>9 am – 1 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4<sup>th</sup> Floor</b></p>
<p><b>The Home Series: Sew It!</b>            Why pay \$35 for a sofa pillow when you can make it for pennies? We’ll teach you how to coordinate fabrics and patterns for stunning looks! Window treatments, placemats and napkins can be made in a snap. Part 5 of 6 of the Home Series.  <b>Presenters: Members of PC3*</b></p>	<p><b>Monday            April 23, 2007</b></p>	<p><b>5:30 pm – 8 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>

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<p><b>The Adventurous Life of a Pirate</b>            Through the National Geographic Explorer Magazine, we will discuss the mysteries behind pirate life. We will explore their adventures and discuss pirate mythology. There will also be hands on activities which include making treasure chests, treasure maps and pirate ships. This is sure to be a wonderful journey into this very interesting and clandestine lifestyle.  <b>Presenter: Kathy Knowles, PS 161 Parent Coordinator</b></p>	<p><b>Tuesday April 24, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>The Home Series: Grow It!</b>            You too can have a green thumb and enjoy the beauty of flowers and plants all year-round! From bulbs to pots to containers to the garden, we'll show you how to nurture your green side. Come on and play in the dirt with us as we tip toe through the tulips together! Part <b>6</b> of <b>6</b> of the Home Series.  <b>Presenters: Members of PC3*</b></p>	<p><b>Wednesday April 25, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>
<p><b>Those Daring Dinosaurs</b>            A fun workshop about these great creatures that once walked the earth. When did they exist? Where did they live? Why don't they exist anymore? What is a paleontologist? Learn about these mammoths of nature and discover how much science and history can be. A parent and child workshop formatted for each parent to bring one child in grade 3 or up. You will receive an attendance waiver as official documentation for your child's teacher to mark him/her present for the day.  <b>Presenter: Lori Butera, Parent Support Officer</b></p>	<p><b>Friday April 27, 2007</b></p>	<p><b>9 am – 4 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Nutrition &amp; Fitness for Children</b>            The American Association of Obesity states, "Teaching healthy behaviors at a young age is important since change becomes more difficult with age." At this workshop you will learn ways to get you and your kids moving; the importance of healthy exercising; childhood obesity and its seriousness; healthy foods, recipes and choices of healthy snacks; and, how to understand the food pyramid guide.  <b>Presenters: Maria Aprilakis, Mary Ann Geniti, Deborah Govier, Peggy Kalesis, Myrna Perez-Fung, Beth Revello, Michele Rowe, Lynn Pruden, Parent Coordinators</b></p>	<p><b>Tuesday May 1, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Simon Says</b>            Is your child just following the crowd? What is peer pressure? How do you know when you're affected by it? How do you know when you're causing it? Let's discover the answers together to help you and your children. This workshop is a great learning experience disguised as fun also which helps your child become a leader instead of a follower.  <b>Presenters: Members of PC3*</b></p>	<p><b>Thursday May 3, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd Jamaica, NY 2<sup>nd</sup> Floor</b></p>
<p><b>Doll Making</b>            This workshop encourages the creativity of each parent and child. Using trims, fabrics and a variety of craft items, each charming doll will take your heart away. This is a chance for all children aged 6 to 60 to come and relax, have fun and be a child again. Dads are not excluded!  <b>Presenter: Lilly Chu, PS 205 Parent Coordinator</b></p>	<p><b>Tuesday May 8, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place Flushing, NY 4<sup>th</sup> Floor</b></p>

TOPIC	DATE	TIME	PLACE
<p><b>Bugged Out</b>            Call them creepy and crawly. Call them slippery and slimy. Whatever you want to call them, bugs happen to be extremely important to our earth and our very own health for that matter. Come to this fascinating workshop and discover how insects make an extreme difference in our lives. Each participant will receive an actual Bess Beetle and an environment for it to live in. Getting the chills at the thought? Come and bug out with all of us!  <b>Presenter: Andrea Ferguson, Science Educator/Regional SLT Coordinator</b></p>	<p><b>Thursday            May 10, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4th Floor</b></p>
<p><b>Transition: A Time to Prepare for Change</b>            Change is a difficult thing to manage especially when you're a child. Ever feel like you'll never win? Learn about the ways you can handle the stresses of transition proactively.  <b>Presenters: Members of PC3*</b></p>	<p><b>Tuesday            May 15, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>Exploring Tribal Traditions</b>            Come experience the world of National Geographic Explorer's glimpse into the many tribes and traditions of Papua New Guinea. Let's investigate history and culture from the other side of the world and have fun while learning. Visiting New Guinea will also lead us to other fascinating cultural adventures! Interactive activities enhance the learning experience in this workshop of discovery.  <b>Presenters: Sheryl Leverett and Donna Santana, Parent Coordinators</b></p>	<p><b>Wednesday            May 23, 2007</b></p>	<p><b>9 am – 12 pm</b></p>	<p><b>90-27 Sutphin Blvd            Jamaica, NY            2<sup>nd</sup> Floor</b></p>
<p><b>Can You Dig It?</b>            Calling all prospectors!!!! Dig deep into the earth. Discover the fascinating world of fossils. Find out how scientists use fossils to study prehistoric plants and animals. Learn about rocks, minerals, gemstones and stalagmites and stalactites. A parent and child workshop formatted for each parent to bring one child in grade 3 or up. You will receive an attendance waiver as official documentation for your child's teacher to mark him/her present for the day.  <b>Presenter: Lori Butera, Parent Support Officer</b></p>	<p><b>Friday            June 1, 2007</b></p>	<p><b>9 am – 4 pm</b></p>	<p><b>30-48 Linden Place            Flushing, NY            4th Floor</b></p>

*\*PC 3 is a cadre of Parent Coordinators that have mastered professional presentation skills used to address pertinent topics and issues that affect the everyday lives of parents in their pursuit to empower parents in order to help their children. Through supplemental support, training and guidance, these Parent Coordinators have blossomed into a cohesive team of professionals.*

Please note: All are welcome to register for our workshops. However, we suggest that upon registering for any of these workshops, that you enter the dates into your personal calendars as soon as possible as your reminder. We will make every effort to call/send out reminders prior to each workshop.