NORTH BABYLON PARENT and YOUTH ACTIVITIES COMMITTEE

&

THE OWL TEACHERS' CENTER

PRESENT

Parent University 2009

PARENTING ISN'T EASY – WE ARE HERE TO HELP!

REGISTER TODAY!

1. MOTHER/DAUGHTER SELF DEFENSE *by Chuck Wilson*

Date: Mondays: 5/18, 6/1 & 6/8 **Time:** 6:00PM – 7:00PM **Grade Level:** 6th & Up **Service Credits:** 6

This workshop offers a chance for mothers & daughters to come together to learn personal safety techniques to help you if a dangerous situation should arise.

2. PARENT/TEEN CARDIO KICKBOXING *by Chuck Wilson*

Date: Mondays: 5/18, 6/1 & 6/8 **Time:** 7:15PM – 8:15PM **Grade Level:** 6th & Up **Service Credits:** 6

Bored with your everyday exercise routine? Try this high-energy total body workout! Cardio Kickboxing is a combination of Aerobics, Boxing, and Martial Arts, and is a great way to improve strength, aerobic fitness, flexibility, and coordination. Get ready to sweat and burn calories in this fun, non-contact and exciting class.

3. HOW TO NAVIGATE THE JOB MARKET IN THIS ECOMONY *by Barbara Cohen MA, MS, CRC*

Date: Tuesday: 5/19 **Time:** 6:30PM – 8:00PM **Service Credits:** 3

This workshop will cover topics such as what occupations are still growing, tips on resumes and interviews/websites, the Long Island job market differences and how to be effective on interviews.

4. ON THEIR OWN: KEEPING THE CONNECTION *by Christina Noonan*

Date: Wednesday: 5/20 **Time:** 6:30PM – 8:00PM **Service Credits:** 3

Senior proms, SAT's, college applications . . . this can be one of the most hectic times for you and your child. Just as your child is about to take the next step, how do you still play a part in their decisions regarding sexuality? This program offers an opportunity for parents to explore and share strategies on how to negotiate new boundaries within their relationship.

PLEASE TURN OVER FOR ADDITIONAL WORKSHOPS

★★★★★★★★★★★★★★★★★★★★★★ **CUT HERE** ★★★★★★★★★★★★★★★★★★★★★★

REGISTRATION FORM - PLEASE TURN OVER FOR REGISTRATION INFORMATION

Name: _____ **Home #:** _____ **Cell #:** _____

Address:_____

Street **Town** **State** **Zip**

Email:_____

Child's Name: _____ **School:** _____ **Grade:** ____

Child's Name: _____ **School:** _____ **Grade:** ____

Child's Name: _____ **School:** _____ **Grade:** ____

WORKSHOP SELECTION - CIRCLE THE # OF THE WORKSHOP(S) YOU WANT TO ATTEND

#1 #2 #3 #4 #5 #6 #7 #8 #9

* If registering for workshop **#1, #2, #5 or #9,** please fill the attending child(rens) information below.

Child's Name: _____ **D.O.B.** ___/___/___ **Age:** ___ **School:** _____ **Grade:** _____

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Child's Name: _____ **D.O.B.** ___/___/___ **Age:** ___ **School:** _____ **Grade:** _____

*****MAKE CHECKS PAYABLE TO:***
North Babylon Parent Activities Program

Total number of Workshops: _____

Total Number of Workshops X $10.00: $ _____

For Town of Babylon Residents Only **- Subtract 2008 Service Credits:**

****Include your Service Credit Voucher with Payment**** $ _____

Total Registration Fee Enclosed: $ _____

Signature:_____ **Date:** _____

(TURN OVER)

Parent University 2009

(Continued)

5. PARENT/TEEN YOGA *by Andrea Posner, The Yoga Room*
Date: Thursdays: 5/21, 5/28 & 6/4 **Time:** 7:00PM – 8:00PM **Grade Level**: 6th & Up **Service Credits:** 6
Parents & teens can participate together in a gentle hatha based yoga class, which includes partner poses, breathing and relaxation techniques.

6. TIPS FOR WORKING WITH KIDS AND ARTS & CRAFTS *by Ava Frampton, Economy Handicrafts*
Date: Tuesday: 5/26 **Time:** 6:30PM – 7:30PM **Service Credits:** 2
This workshop is designed to give teachers and/or parents hints and tips on doing different types of arts & crafts with students.

7. TIPS FOR TALKING WITH TEENS *by Christina Noonan*
Date: Wednesday: 5/27 **Time:** 6:30PM – 8:00PM **Service Credits:** 3
Trying to understand each other's world is an arduous task; however, the key is not to understand, but to communicate. This training will focus on communicating with young adolescents regarding sexuality. Join us as we delve into the current research on adolescent behavior, help you discover and understand your own personal biases about teen sexuality and provide you with hands-on communication techniques.

8. THE APPLE OF MY EYE *by Parents for Megan's Law*
Date: Wednesday, 6/3 **Time:** 6:00PM – 7:30PM **Service Credits:** 3
During the workshop, parents will learn that they have the power to protect their children from childhood abuse using Laura's Ten Prevention Tips. Parents will learn the 10 Rules for Safety to teach children, the 11 Red Flags to detect inappropriate behavior, the 27 tricks predators use to access children and the physical and behavioral signs of abuse.

9. IDENT-A-KID PROGRAM Sponsored by District Attorney Tom Spota, *Presented by Suffolk County PAL*
Date: Tuesday: 6/9 **Time:** 6:00PM – 8:00PM (during Summer program registration)
A program designed to assist parents and the police in identifying children in an emergency. The Suffolk County PAL will be here to provide parents with an "Ident-A-Kit" which includes a photograph and fingerprint of your child, a DNA sample and medical emergency information. There is no cost to attend this workshop but you must be pre-registered.

★★★★★★★★★★★★★★★★★★★★★★ **CUT HERE** ★★★★★★★★★★★★★★★★★★★★★★

REGISTRATION INFORMATION AND INSTRUCTIONS

- → **PLEASE MAIL YOUR REGISTRATION FORM AND CHECK TO:**
- → **North Babylon P.Y.A.C, P.O. Box 2403, North Babylon, NY 11703.** Mailed registration must be **postmarked by Wednesday, May 13th.** *Town of Babylon Residents*: If you received a 2008 Service Credit Voucher, please include it with your registration form to receive your discount. All workshops are open to the public.
- → **The registration cost is $10.00 per workshop (excluding #9).** You must be pre-registered in order to attend any workshops. No registration will be accepted at the door.
- → Please do not bring your children to the workshops. Children are only permitted to attend workshops **#1, #2, #5 & #9** and must be registered on the registration form. Please note the appropriate age/grade levels for these workshops.
- → If you miss the mail in registration and still want to register, please contact the office at (631) 422-0333 to see what workshops are still available. We will accept walk in registration during our regular office hours, 11:00AM – 5:00PM, Monday through Friday, up until one day prior to the workshop, providing space is available. If needed, occasional arrangements can be made to register from 6:00PM – 8:00PM. Call the office for an appointment.
- → All Town of Babylon residents will receive Service Credits for any workshop or series of workshops completed this year. These credits can be applied to registration costs for any P.Y.A.C. Parenting Program or Event held during the year 2010. **One Service Credit = $1.00 off a 2010 Registration Cost**
- → If you earned Service Credits in 2008, deduct the amount listed on the Service Credit Voucher from this year's registration cost. Please mail your service credit voucher with your registration form to receive your discount. Last year's service credits must be used during the year 2009. Service credits will not carry over to the following year.
- → Workshop size is limited. Registration is on a first come/first served basis, so register as soon as possible. We must have a certain number of participants in order to run the workshops, so please register early to avoid cancellation. We will contact you if we have to cancel a workshop due to low registration.
- → We reserve the right to cancel workshops due to lack of registration, inclement weather, availability of building and/or availability of workshop instructor.

Parent and Youth Activities Committee consists of the following groups:
North Babylon Board of Education, North Babylon School's Administration, North Babylon Teachers' Organization,
North Babylon Council of PTAs and individual PTA units, North Babylon Public Library, North Babylon Community Youth Services,
Belmont Lake Civic Association and other interested North Babylon Community Groups.
This program is partially funded by the Town of Babylon Youth Bureau, Steve Bellone, Supervisor.