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

**Featured Classes**

#21201 Juggling Parenthood & Work
with Beth Wiley
Tuesdays, Sept 11 & 18, 2012
6:30—8:30 pm
Shepherd Jr. High Media Center
1407 N. Alta Mesa Dr., 85205

Most parents have 2 full-time jobs; the one they do for their employer and raising their children. Come and learn strategies on how to maintain a balance between your work and home that works for your life.

#21202 SOS—Signs of Suicide®
with Renee L. Ouellet
Tuesday, Sept. 25, 2012
6:30—8:00 pm
Fremont Jr. High Auditorium
1001 N. Power, Mesa, 85205

Learn the warning signs of depression and suicide, helping to pinpoint a problem in its early stages; giving you the ability to secure needed help for your child.

#21203 Co-Parenting Without Conflict
with Joan Parkinson
Oct. 2 and 4, 2012
6:30—8:30 pm
Kino Jr. High Lecture Hall
848 N. Horne, Mesa 85203

In this class, learn skills to co-parent your child in a healthy manner. To be a healthy role model, there are three things all parents need to do well. Communicate with your child, communicate with the other parent and learn how to discipline.

#21204 How to Become a Guardian
with Tom Pickrell
Weds., Nov. 14, 2012
6:30—7:30 pm
Poston Jr. Auditorium East Wing
2433 E. Adobe, Mesa 85213

This class will explain the process of being appointed guardian when your child with disabilities reaches age 18. Issues addressed will include:
- Duties of a guardian
- Preparing and filing legal documents
- Seeking a waiver of court fees and costs
- Service of process to people who have a right to know

#21205 Bully Prevention, Transforming Aggression into Healthy Self-Esteem
With Diana Brown
Thurs., Nov. 1, 2012
6:30—8:30 pm
Poston Jr. Auditorium East Wing
2433 E. Adobe, Mesa 85213

Myth: “No tolerance zones” equal no more bullying. Truth: It excludes, divides and teaches intolerance. Learn solutions, plus identify the early warning signs of a bully-victim relationship.

#21206 Ten Steps to Positive Discipline
with Patti Peplow
6:30—8:30 pm
Crismon Elementary Media Ctr.
825 W. Medina, Mesa 85210

OR...

#21207 with Diana Brown
Tues., Oct. 16, 23, 30, Nov. 6 and 13, 2012
6:30—8:30 pm
Porter Elementary Media Center
1350 S. Lindsay, Mesa 85204

OR...

#21208 with Corinne DeRosa
Tues., Nov. 6, 13, 20, 27, and Dec. 4, 2012
7—9 pm
Falcon Hill Elementary Media Center
1645 N. Sterling, Mesa 85207

**Guidance and Behavior Classes**

The classes presentadas tienen traducción al Español

**Points of view are those of the presenter and do not necessarily represent the official position or policies of Mesa Public Schools**
Ten Steps (cont.)
Many of us were raised feeling "not good enough". Don't pass this feeling to the next generation. Learn how to give effective commands, change tattling into problem solving, and empower classmates and siblings to interact successfully.

#21209 Diez Pasos Hacia una Disciplina Positiva
con Gaby Humes
6 de septiembre, 13, 20, 27 y 4 de octubre, 2012; 6—8 pm
Centro de Medios de las Escuela Primaria Hawthorne, 630 N. Hunt, Mesa

Esta clase se imparte en español.
• Transforma a los bravucones
• Aumental disposición
• Reduces rivalidades de hermanós
• Reduces luchas por el poder
• Da poder a las víctimas
Aprende solución de conflictos para poder resolver cualquier problema

#21210 Master Your Emotions
with Larry Kerby
6:30—8:30 pm
Pomeroy Elementary Media Center
1507 W. Shawnee Dr., Chandler 85224

Too often parent’s emotions get in the way of disciplining children. Often emotions are the base for parent’s actions. Learn how to stop negative emotions and gain control of one’s emotional state. This will allow parent’s to be more effective without destroying self-esteem (parent’s and children’s) along the way.

#21211 Survival Kit for Parents of Teens
with ShaRon Rea
Wed., Sept. 5, 12, 19 and 26, 2012
6:30—8:30 pm
Shepherd Jr. High Media Center
1407 N. Alta Mesa Dr., Mesa 85205

When natural disasters are approaching, like hurricanes and teenagers, be prepared with the necessary parenting tools. 4 basics: 1) Swiss army knife of parenting styles. Be ready for any teen behavior. 2) Food and water for the teen brain. Understand what’s going on in your teen’s head. 3) Communication tool that works in all kinds of weather. 4) Fire extinguisher. Put out those minor disagreements before they grow into full blown power struggles.

#21212 Parenting with Love and Logic®
with Larry & Kami Kerby
6:30—8:30 pm
Johnson Elementary Media Center
3807 E. Pueblo, Mesa 85206
OR
#21213 with Larry & Kami Kerby
Tues., Oct. 23, 30, Nov. 6, 13, 20 and 27, 2012
6:30—8:30 pm
MacArthur Elementary Media Center
1435 E. McLellan, Mesa 85213

The Love and Logic® Institute is dedicated to making parenting and teaching fun and rewarding; instead of stressful and chaotic. Practical tools and techniques that are provided can be used immediately. This class teaches humor, hope, empathy, emphasizes respect, limit setting, consequences and healthy decision making.

#21214 Ser Padres con Amor y Lógica: Cómo enseñar responsabilidad a los niños
con Cecilia Larios
Jueves., 18 y 25 de octubre; 1, 8 y 15 de noviembre de 2012
6—8 pm
Centro de Medios de la Escuela Primaria Longfellow, 345 S. Hall, Mesa

Esta clase se imparte en español. El Instituto Love and Logic® hace que la enseñanza y la crianza sean divertidas y gratificantes; en vez de estresantes y caóticas. Las herramientas y técnicas que se ofrecen se pueden poner en práctica inmediatamente. Esta clase enseña humor, empatía, esperanza, enfatiza el respeto, fijación de límites, consecuencias toma de decisiones saludable.

#21215 Setting Limits Without Guilt
with Venus Leopold
Sat., Nov. 3, 2012
8 am—12 noon
Irving Elementary Media Center
3220 E. Pueblo, Mesa 85204

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

#21216 Crianza activa
con Felipa Garcia
4, 6 y 11 de diciembre de 2012
6—8 pm
Escuela Whitman, 1829 N. Grand, Mesa

Esta clase se imparte en español. En esta clase aprenderá a usar la disciplina sin violencia, a comunicarse positivamente y a estimular eficazmente. Esta clase es para padres con hijos de 5-12 años.

#21217 How to Talk so Kids Will Listen...
with Corinne DeRosa
7—9 pm
Ishikawa Elementary Media Center
2635 N. 32nd St., Mesa 85213

In this class you will learn how to listen to—and understand your child’s concerns, have cooperation in your family—without nagging, deal with feelings, find alternatives to punishment and help your child attain a positive self-image.
Health and Academic Classes

#21218 Once Upon a Time…
Family Story Times
with Venus Leopold and Cammie Trumble
Thurs., Sept. 6, 13, 20 and 27, 2012
6:30—7:30 pm
Irving Elementary Media Center
3220 E. Pueblo, Mesa 85204

Research shows the seeds of reading and school success are sown in the home. Listening to stories encourages imagination, interest and language acquisition in your child. Bring the whole family and have a stress free night with hands-on activities. New stories are read each week. Children are allowed to this class only.

#21219 Parenting Different Personality Types
with Larry Kerby
Thurs., Nov. 8 and 15, 2012
6:30—8:30 pm
Jordan Elementary Media Center
3320 N. Carriage Ln., Chandler 85224

Parent’s are more effective when they understand their personality types and their child’s personality types. Come learn, in a fun way, the most effective ways parents can interact with their children based on parent’s and children’s personality types.

#21220 Parenting with Pizzazz!!!
With Venus Leopold
Thurs., Sept. 6, 13, 20, 27, 2012
6:30—8:30 pm
Lehi Elementary Portable H1
2555 N. Stapley, Mesa 85203

Learn how to effectively communicate with deaf/hard of hearing children. Build basic sign language communication skills by learning manual alphabet, fingerspelling, basic ASL vocabulary, phrases, sentences and questions.

#21221 The Parent Role In the Special Education Process
with Joan Kern, Parent Liaison with Mesa Public Schools
Mon., Sept. 17, 2012
6:30—8:30 pm
Sharp School
7302 E. Adobe, Mesa 85207

Discuss the essential components of the IEP and how to fully participate in the evaluation and IEP process. Also included will be how to prepare for meetings, effective communication and advocacy skills, as well as how to follow the chain of command and dispute resolution options.

#21222 The Critical Path to College
with Susan Contreras
Thurs., Oct. 25, 2012
6:30—8:30 pm
Rhodes Jr. High Media Center
1860 S. Longmore, Mesa 85202

Start now to position yourself for college! Designed to inform parents and students about the various components necessary to transition to the college of their choice. Translators will be available. Topics discussed will be:
• Grade point average
• College preparatory classes
• Service learning/extracurricular
• ACT/SAT preparation
• Resume’, letters of recommendation and personal essay
• Application process: FAFSA, University/College and Scholarship

#21223 Drug Use 2012—Social Norms, Behaviors and Trends
with Stephanie Siete, Community Bridges
Tues., Nov. 6, 2012
6—8 pm
Carson Jr. High Auditorium
525 N. Westwood, Mesa 85201

This workshop will change the way you see substance abuse. It includes emerging drug trends, social norms and behaviors that contribute to the onset of youth substance abuse, resources that will keep you and your family safe and valuable prevention tools and teaching tips.

Growth and Development Classes

#21224 American Sign Language
Part 1 with Ellen Kowalczyk
6:00—8:00 pm
Lehi Elementary Portable H1
2555 N. Stapley, Mesa 85203

Learn how to effectively communicate with deaf/hard of hearing children. Build basic sign language communication skills by learning manual alphabet, fingerspelling, basic ASL vocabulary, phrases, sentences and questions.

#21225 American Sign Language
Part 2 with Ellen Kowalczyk
Thurs., Oct. 18, 25, Nov. 1, 8, 15 and 29, 2012
6:00—8:00 pm
Lehi Elementary Portable H1
2555 N. Stapley, Mesa 85203

You must complete Part 1 in order to take this class. Build better expressive and receptive sign language skills by learning more advanced concepts.

#21226 Parenting on the Same Page
with Neil Tift
Thurs., Oct. 18, 2012
6:30—8:30 pm
Wilson Elementary Media Center
5619 E. Glade, Mesa 85206

Parenting styles are expressed through a wide range of approaches, utilizing different philosophies of raising children. Successful families find methods to share and balance their responsibilities between the parents and their family members. Explore shared parenting techniques to promote healthy parenting.
Register online at www.mpsaz.org/parentu/registration/reg_form/ or fill out the registration form below (Fall, 2012) and mail to the address below.

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Pre-registration Is Required
Call Jan Umhay at (480)308-7309 With Questions

Name(s): ____________________________________________
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Email: ____________________________________________
Address: __________________________________________
City, Zip: _______________________________________
Phone: __________________________________________

Mesa Public Schools Early Education Center
Attn: Title 1/Jan
122 N. Country Club
Mesa, AZ 85201-6522