

All classes are  
**FREE!**

# PARENT UNIVERSITY

## PARENTS INVOLVED IN EDUCATION

Fall 2018 – Spring 2019 Schedule | [www.mpsaz.org/parentu](http://www.mpsaz.org/parentu)

### PARENT UNIVERSITY

Mesa Public School's Title I and School Improvement funds Parent University as an outreach program that offers techniques for raising confident, capable and contributing youth. Parents, grandparents, aunts, uncles, educators, neighbors, child-care providers all who are involved in the lives of children and advocates are welcome from anywhere in the valley.

#### CONTENTS

<b>Section 1:</b>	
<i>Positive Parenting Life Skills</i> .....	1-6
<b>Section 2:</b>	
<i>Academic: Reading / Math / Science</i> .....	6-7
<b>Section 3:</b>	
<i>Online Classes</i> .....	7
<b>Section 4:</b>	
<i>Classes in Spanish</i> .....	8
<b>Section 5:</b>	
<i>Registration</i> .....	8

#### What parents have said about Parent U...

*"I wish to take another class from Janelle Chisholm (Numbers K-2), she was fabulous. I wish we had learned math this way when I was in school. This is a "must-do" class for parents who want to help their children."*

Kathy – Mendoza

*"I took the class, 'Positive Discipline I', because my wife had taken it and decided that it would be best that both of us be united in our parenting, so we signed up and had a great experience."*

Aaron – Jefferson

Interpreters provided upon request.

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



Sponsored by Mesa Public Schools  
An Equal Opportunity Organization

**Register online at [www.mpsaz.org/parentu](http://www.mpsaz.org/parentu)**

Check online for additional classes or  
Parent University (480) 472-0371

Subscribe to our news feed for updates  
and current announcements:

[www.mpsaz.org/parentu/punews](http://www.mpsaz.org/parentu/punews)



## Section 1: Positive Parenting Life Skills

### 6 WEEK CLASSES

#### PARENTING THE LOVE AND LOGIC WAY

Imagine knowing what to say and how to handle your strong-willed child. What would it be like to never get hooked into an argument again with your children? We have helped thousands of parents gain confidence and create a more peaceful home. We can help you too. In this life-changing seminar, you will discover: How to help children take ownership of their own problems, Tools that will allow you to eliminate arguing in the home, How to get your children to act the first time, How to help your children to take ownership and solve their own problems, and allow the consequences to be the "bad guy" not you. **12 HOUR CERTIFICATION**

<b>FALL, 2018</b>	<b>PARENTING THE LOVE AND LOGIC WAY @ KELLER</b>	
	Thursdays, August 23, 30, September 6, 13, 20, 27.....	6:30-8:30 p.m.
	KELLER ELEMENTARY • 1445 E. Hilton Ave. • Mesa, 85204	
<b>SPRING, 2019</b>	<b>PARENTING THE LOVE AND LOGIC WAY @ WEBSTER</b>	
	Thursdays, January 24, 31, February 7, 14, 21, 28 .....	6:30-8:30 p.m.
	WEBSTER ELEMENTARY • 202 N Sycamore • Mesa, 85201	

#### STRESS, ANXIETY AND OVERWHELM - MINDFULNESS STRATEGIES TO OVERCOME IT!

It's no secret that STRESS impacts our lives negatively! Parents, teachers, students, employees, family members - we ALL feel and experience stress. Some of us experience it in profound ways that impact our day to day lives, our health and well-being. This class is designed to teach practices that will allow participants to create new habits to help control and eliminate the negative impact stress and anxiety has on our bodies and in our relationships. Stress and anxiety relief strategies will be taught each week and participants will engage in small group experiences applying their new learning. This class will change how you view your day to day stress and help you confront the things that get in the way of you living a more healthy, peaceful, productive and intentional life. This is not a sit and get class. Come ready to dig in, share and be open to a new way of experiencing stress - where you control it, it doesn't control you! **12 HOUR CERTIFICATION**

<b>FALL, 2018</b>	<b>STRESS, ANXIETY AND OVERWHELM - MINDFULNESS STRATEGIES TO OVERCOME IT! @ FREMONT</b>	
	Wednesdays, August 29, September 5, 12, 19, 26, October 3 .....	6:00-8:00 p.m.
	FREMONT JR HIGH • 1001 N. Power Rd. • Mesa, 85205	

### 4 WEEK CLASSES

#### FIRST FIVE YEARS (IN ENGLISH)

First Five Years® is a 4-session series which will help you nurture your child with a "just right" combination of freedom and positive discipline. Topics include child brain development, preventing tantrums and other challenges, calming techniques and school readiness. First Five Years® is provided FREE by Arizona's Children Association in collaboration with Family SPOT Resource Centers and is funded by First Things First. Free materials and gifts for participating are included. FREE CHILDCARE IS PROVIDED by Arizona's Children Association. **6 HOUR CERTIFICATION**

<b>FALL, 2018</b>	<b>FIRST FIVE YEARS (IN ENGLISH) @ FALCON HILL</b>	
	Thursdays, September 13, 20, 27, October 4 .....	6:00-7:30 p.m.
	FALCON HILL ELEMENTARY • 1645 N. Sterling • Mesa, 85207	

## Section 1: Positive Parenting Life Skills

### 4 WEEK CLASSES

#### **RAISING CONFIDENT AND CAPABLE CHILDREN**

Through experiential learning activities you will be able to 'get into your child's world' and gain meaningful tools that teach valuable social and life skills as a foundation for success in relationships and in life itself. **8 HOUR CERTIFICATION**

##### **FALL, 2018 RAISING CONFIDENT AND CAPABLE CHILDREN @ ISHIKAWA**

Thursdays, August 30, September 6, 13, 20 ..... 6:00-8:00 p.m.  
ISHIKAWA ELEMENTARY • 2635 N. 32nd St. • Mesa, 85213

##### **SPRING, 2019 RAISING CONFIDENT AND CAPABLE CHILDREN @ LOWELL**

Thursdays, January 17, 24, 31, February 7 ..... 6:00-8:00 p.m.  
LOWELL ELEMENTARY • 920 E Broadway Rd. • Mesa, 85204

#### **REDUCING POWER STRUGGLES WITH YOUNG CHILDREN**

Learn tools and strategies that will offer you effective, loving ways to guide your youngster through these busy, often challenging years. **8 HOUR CERTIFICATION**

##### **FALL, 2018 REDUCING POWER STRUGGLES WITH YOUNG CHILDREN @ EMERSON**

Thursdays, October 25, November 1, 8, 15 ..... 6:00-8:00 p.m.  
EMERSON ELEMENTARY • 415 N. Westwood • Mesa, 85201

##### **SPRING, 2019 REDUCING POWER STRUGGLES WITH YOUNG CHILDREN @ SIRRINE**

Thursdays, March 21, 28, April 4, 11 ..... 6:00-8:00 p.m.  
SIRRINE ELEMENTARY • 591 W. Mesquite St. • Chandler, 85225

### 3 WEEK CLASSES

#### **10 STEPS TO POSITIVE DISCIPLINE**

Don't pass the hurts from your past on to your children. Learn how to give effective commands, change tattling into problem solving and empower children to interact positively. **12 HOUR CERTIFICATION**

##### **SPRING, 2019 10 STEPS TO POSITIVE DISCIPLINE @ LONGFELLOW**

Saturday, March 23, 30, April 6 ..... 8:00-12:00 p.m.  
LONGFELLOW ELEMENTARY • 345 S. Hall • Mesa, 85204

#### **BRAIN TIME® (IN ENGLISH)**

Brain Time® is a fun, interactive setting where parent/caregiver and child learn together. This workshop is taught in three sessions and follows a basic library-style 'story time' format, but includes one-on-one time for the parent/caregiver and child to work and play together. Brain Time® utilizes the Brain Box® learning system. This program is offered for parents/caregivers and children birth to 36 months of age. Funding for this program is provided by Boeing. **4.5 HOUR CERTIFICATION**

##### **FALL, 2017 BRAIN TIME® (IN ENGLISH) @ GUERRERO**

Tuesdays, October 23, 30, November 6 ..... 9:30-11:00 a.m.  
GUERRERO ELEMENTARY • 463 S. Alma School Rd. • Mesa, 85210

#### **KINDER PREP® A (IN ENGLISH)**

Kinder Prep® A is an adult/child, interactive 3 session workshop series for children ages three to five years old. Each session focuses on kindergarten readiness activities in language and literacy, with an emphasis on early math and science development. Participants will be able to take home the activities they work on, as well as a gift incentive for each session. Kinder Prep® A series and B series do not need to be taken consecutively. Funding for this program is provided by Boeing. **4.5 HOUR CERTIFICATION**

##### **Fall, 2018 KINDER PREP® A (IN ENGLISH) @ WEBSTER**

Wednesdays, September 19, 26, October 3 ..... 9:30-10:30 a.m.  
WEBSTER ELEMENTARY • 202 N Sycamore • Mesa, 85201

### 3 WEEK CLASSES

#### **KINDER PREP® B (IN ENGLISH)**

Kinder Prep® B is an adult/child, interactive 3 session workshop series for children ages three to five years old. Each session focuses on kindergarten readiness activities in language and literacy, with an emphasis on early math and science development. Participants will be able to take home the activities they work on, as well as a gift incentive for each session. Kinder Prep® A series and B series do not need to be taken consecutively. Funding for this program is provided by Boeing. **4.5 HOUR CERTIFICATION**

##### **Fall, 2018 KINDER PREP® B (IN ENGLISH) @ WEBSTER**

Mondays, October 22, 29, November 5 ..... 6:00-7:30 p.m.  
WEBSTER ELEMENTARY • 202 N Sycamore • Mesa, 85201

#### **MASTER YOUR EMOTIONS FOR PARENTS AND EDUCATORS**

Do you find yourself being "short" with your kids? Is "emotional reactivity" destroying your relationship? Come discover why you react the way you do and what to do about it. **6 HOUR CERTIFICATION**

##### **Fall, 2018 MASTER YOUR EMOTIONS FOR PARENTS AND EDUCATORS @ GUERRERO**

Thursdays, November 1, 8, 15 ..... 6:30-8:30 p.m.  
GUERRERO ELEMENTARY • 463 S. Alma School Rd. • Mesa, 85210

##### **Spring, 2019 MASTER YOUR EMOTIONS FOR PARENTS AND EDUCATORS @ ROOSEVELT**

Thursdays, March 28, April 4, 11 ..... 6:30-8:30 p.m.  
ROOSEVELT ELEMENTARY • 828 S Valencia • Mesa, 85202

#### **POSITIVE DISCIPLINE I**

This 3-week series is based on the popular book series by Jane Nelsen and Lynn Lott. This series will explore parenting styles, brain science the power of cooperation, encouragement and solutions. We will also focus on positive time-out and ways to create intrinsic motivation for our children. **6 HOUR CERTIFICATION**

##### **FALL, 2018 POSITIVE DISCIPLINE I @ PORTER**

Tuesdays, September 4, 11, 18 ..... 6:00-8:00 p.m.  
PORTER ELEMENTARY • 1350 S. Lindsay Rd. • Mesa, 85204

#### **POSITIVE DISCIPLINE II**

Loved the first Positive Discipline series? Here is the next one to keep you in the Positive Discipline flow! This series will include insight into why kids do the CRAZY "mis"-behavior they do, how to make clear agreements, follow through, family meetings and problem solving steps! If you have taken a previous Positive Discipline series...you will want to experience this one as well! **6 HOUR CERTIFICATION**

##### **FALL, 2018 POSITIVE DISCIPLINE II @ WASHINGTON**

Tuesdays, September 25, October 2, 16 ..... 6:00-8:00 p.m.  
WASHINGTON ELEMENTARY • 2260 W Isabella Ave. • Mesa, 85202

### 1 WEEK CLASSES

#### **A CAREGIVER'S GUIDE TO UNDERSTANDING TEEN DATING VIOLENCE**

Walk away with a better understanding of teen dating violence as well as what to look for in behaviors with your child. Gain some important communication tips to use with your teenagers. **2 HOUR CERTIFICATION**

##### **Fall, 2018 A CAREGIVER'S GUIDE TO UNDERSTANDING TEEN DATING VIOLENCE @ POSTON JR.**

Tuesday, October 23 ..... 6:00-8:00 p.m.  
POSTON JR. HIGH • 2433 E Adobe St. • Mesa, 85213

#### **ADVERSE CHILDHOOD EXPERIENCES**

Awareness of the effects of childhood trauma on adult health and how to keep kids safe and healthy. **2 HOUR CERTIFICATE**

##### **Spring, 2019 ADVERSE CHILDHOOD EXPERIENCES @ LONGFELLOW**

Tuesday, February 19 ..... 6:00-8:00 p.m.  
LONGFELLOW ELEMENTARY • 345 S. Hall • Mesa, 85204

## Section 1: Positive Parenting Life Skills

### 1 WEEK CLASSES

#### CO-PARENTING STRATEGIES

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. This session will offer individual exercises that allow parents to assess their parenting approaches and to explore shared parenting techniques to promote healthy co-parenting, whether in one household or in two households. **2 HOUR CERTIFICATION**

**Fall, 2018 CO-PARENTING STRATEGIES @ CRISMON**

Tuesday, October 16 ..... 6:00-8:00 p.m.  
CRISMON ELEMENTARY · 825 W. Medina Ave. · Mesa, 85210

#### COMMUNICATION BETWEEN GENERATIONS - IT'S NOT ONLY WHAT YOU SAY, IT'S WHAT THEY HEAR

Conversations in families with multi generations can be confusing because of past tensions, frustrating personalities or any number of things. This leads to arguments or complete misunderstandings. Come join this fun, interactive workshop with Communication Specialist ShaRon Rea, who helps you listen differently so you can speak more effectively. The result of what ShaRon teaches is magic, giving you tools to decipher the difference between what someone said, what you heard and what was really meant! **2 HOUR CERTIFICATION**

**Fall, 2018 COMMUNICATION BETWEEN GENERATIONS - IT'S NOT ONLY WHAT YOU SAY, IT'S WHAT THEY HEAR @ EDISON**

Tuesday, September 25 ..... 6:00-8:00 p.m.  
EDISON ELEMENTARY · 545 N Horne · Mesa, 85203

#### EARLY CHILDHOOD SPECIAL EDUCATION TRANSITION TO KINDERGARTEN

Gather information for a smooth transition from preschool to school-age services. Discussion will include the special education transition process. Learn Kindergarten readiness skills parents can help with at home. Spanish interpretation will be provided. **2 HOUR CERTIFICATION**

**Spring, 2019 EARLY CHILDHOOD SPECIAL EDUCATION TRANSITION TO KINDERGARTEN @ STUDENT SERVICES CENTER**

Tuesday, January 15 ..... 6:00-8:00 p.m.  
STUDENT SERVICES CENTER · 1025 N Country Club Dr. · Rm 334 · Mesa, 85201

#### FATHERS RAISING DAUGHTERS

This class is sponsored and taught by experts from Child Crisis Arizona. It emphasizes that the role of fathers is critical in child development and what and how they teach their daughters clearly shapes their future. This session will examine the impact that fathers can have on their daughters' self-esteem, relationship skills, physical, emotional and spiritual development, personal growth and work ethic. **2 HOUR CERTIFICATION**

**Spring, 2019 FATHERS RAISING DAUGHTERS @ FALCON HILL**

Monday, April 22 ..... 6:00-8:00 p.m.  
FALCON HILL ELEMENTARY · 1645 N. Sterling · Mesa, 85207

#### HE SAID. SHE SAID.

Males and females often learn to speak, listen and interact in quite different manners. Participants will review what contributes to some of the differences and suggest how to become more bi-lingual. This session explores gender communication patterns and identifies strategies to help participants enhance their capacity to communicate more effectively with Section 1 - Positive Parenting Life Skills the opposite sex in a variety of settings. **2 HOUR CERTIFICATION**

**Fall, 2018 HE SAID. SHE SAID @ LEHI**

Tuesday, October 2 ..... 6:00-8:00 p.m.  
LEHI ELEMENTARY · 2555 N Stapley Dr. · Mesa, 85203

### 1 WEEK CLASSES

#### HOW TO HELP YOUR CHILD HANDLE STRESS AND ANXIETY

Anxiety and stress can be a chronic struggle. Often, the source of a child's anxiety changes over time so it can feel as though you are always putting out fires. With the repetition of anxiety and practical coping strategies, your child will learn how to reduce his/her anxiety levels and how to cope with anxiety-trigger situations at home and school. **2 HOUR CERTIFICATION**

**Fall, 2018 HOW TO HELP YOUR CHILD HANDLE STRESS AND ANXIETY @ KERR**

Tuesday, March 27 ..... 6:30-8:30 p.m.  
KERR ELEMENTARY · 125 E. McLellan Rd. · Mesa, 85201

#### HOW TO WIN THE BATTLE OF DEPRESSION: FROM VICTIM TO HERO

In this session, you will learn: The battle between two minds, different types of depression, causes, symptoms, natural ways to beat depression, and how to help a loved one who is depressed.. **2 HOUR CERTIFICATION**

**Fall, 2018 HOW TO WIN THE BATTLE OF DEPRESSION: FROM VICTIM TO HERO @ LONGFELLOW**

Thursday, October 25 ..... 6:30-8:30 p.m.  
LONGFELLOW ELEMENTARY · 345 S. Hall · Mesa, 85204

#### ONE FAMILY – TWO DIFFERENT PARENTING STYLES

Differences in parenting styles are natural. In this workshop, we explore how each parent thinks and communicates differently. We confirm and understand how both parents are important to their children in different ways. The result is making two different parenting styles work together in one family! **2 HOUR CERTIFICATION**

**Fall, 2018 ONE FAMILY – TWO DIFFERENT PARENTING STYLES @ LONGFELLOW**

Tuesday, September 11 ..... 6:00-8:00 p.m.  
LONGFELLOW ELEMENTARY · 345 S. Hall · Mesa, 85204

#### POSITIVE BEHAVIOR SUPPORT

Learn how to reduce unwanted behavior and increase good behavior by using Positive Behavior Supports in your home and in the community. Understand the role you play in your child's behavior, and how to work with the school when behaviors get in the way of learning. Spanish interpretation will be provided. **2 HOUR CERTIFICATION**

**Fall, 2018 POSITIVE BEHAVIOR SUPPORT @ POSTON JR.**

Tuesday, September 11 ..... 6:00-8:00 p.m.  
POSTON JR HIGH · 2433 E Adobe St. · Mesa, 85213

#### POSITIVE DISCIPLINE WITH LARRY KERBY

Are you sick of the negativity in your home associated with discipline? Do you find yourself lecturing when your kids make a bad choice? Do you know the difference between punishment and discipline? Come learn some proven positive techniques that will allow you to hold your child accountable without the lectures and reminders. The result is a positive relationship where the child is far less likely to blame you for their bad choice. These principles apply to very young kids and older kids alike. **2 HOUR CERTIFICATION**

**Fall, 2018 POSITIVE DISCIPLINE WITH LARRY KERBY @ MENDOZA**

Tuesday, September 18 ..... 6:30-8:30 p.m.  
MENDOZA ELEMENTARY · 5831 E. McLellan Rd. · Mesa, 85205

**Fall, 2018 POSITIVE DISCIPLINE WITH LARRY KERBY @ LEHI**

Thursday, October 25 ..... 6:30-8:30 p.m.  
LEHI ELEMENTARY · 2555 N Stapley Dr. · Mesa, 85203

**Spring, 2019 POSITIVE DISCIPLINE WITH LARRY KERBY @ PORTER**

Tuesday, February 12 ..... 6:30-8:30 p.m.  
PORTER ELEMENTARY · 1350 S. Lindsay Rd. · Mesa, 85204

**Spring, 2019 POSITIVE DISCIPLINE WITH LARRY KERBY @ LOWELL**

Tuesday, March 5 ..... 6:30-8:30 p.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

## Section 1: Positive Parenting Life Skills

### 1 WEEK CLASSES

#### **RAISING HEALTHY SONS**

This class is sponsored and taught by experts from Child Crisis Arizona. It emphasizes that fathers have a significant impact upon growing healthy boys. The messages of masculinity they teach and model for their sons influence their school performance, relationship skills, physical, emotional and spiritual development and their work ethic. This workshop will discuss 31 tips for raising healthy sons. **2 HOUR CERTIFICATION**

**Spring, 2019 RAISING HEALTHY SONS @ FALCON HILL**

Monday, March 18 ..... 6:00-8:00 p.m.  
FALCON HILL ELEMENTARY · 1645 N. Sterling · Mesa, 85207

#### **SCREENAGERS: GROWING UP IN THE DIGITAL AGE**

SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance. The documentary film, SCREENAGERS, probes into the vulnerable corners of family life, to explore struggles over social media, video games, academics and Internet addiction. Through poignant, and unexpectedly funny stories, we welcome you to discover surprising insights from authors, psychologists, and brain scientists in this extraordinary and timely film and discussion. **2 HOUR CERTIFICATION**

**Fall, 2018 SCREENAGERS: GROWING UP IN THE DIGITAL AGE @ CARSON JR.**

Tuesday, September 25 ..... 6:00-8:00 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019 SCREENAGERS: GROWING UP IN THE DIGITAL AGE @ FREMONT JR.**

Tuesday, February 26 ..... 6:00-8:00 p.m.  
FREMONT JR HIGH · 1001 N. Power Rd. · Mesa, 8520

#### **SETTING LIMITS WITHOUT GUILT**

Parents will learn useful tools to use when setting limits with their children. Learn the secrets of being both firm and fair! **4 HOUR CERTIFICATION**

**Fall, 2018 SETTING LIMITS WITHOUT GUILT @ WEBSTER**

Saturday, October 20 ..... 8:00-12:00 a.m.  
WEBSTER ELEMENTARY · 202 N Sycamore · Mesa, 85201

#### **STRAIGHT TALK: WHAT PARENTS NEED TO KNOW ABOUT TEENAGE DRIVING**

The purpose of the course to raise awareness regarding teenage driving so that parents and teens develop a better understanding of the issues that surround teenage driving. We also provide information that can assist parents and their teens in decision making regarding traffic safety and driving. **2 HOUR CERTIFICATION**

**Fall, 2018 STRAIGHT TALK: WHAT PARENTS NEED TO KNOW ABOUT TEENAGE DRIVING @ POSTON JR.**

Thursday, September 27 ..... 6:00-8:00 p.m.  
POSTON JR HIGH · 2433 E Adobe St. · Mesa, 85213

**Spring, 2019 STRAIGHT TALK: WHAT PARENTS NEED TO KNOW ABOUT TEENAGE DRIVING @ POSTON JR.**

Tuesday, February 5 ..... 6:00-8:00 p.m.  
POSTON JR HIGH · 2433 E Adobe St. · Mesa, 85213

#### **THE EARLY YEARS: HOW TO PREPARE YOUR CHILD FOR SCHOOL SUCCESS!**

Parents will learn basic brain development in young children and how to provide stimulating activities and experiences that will enhance their chances for success in school. Participants will be involved in hands-on activities! **4 HOUR CERTIFICATION**

**Fall, 2018 THE EARLY YEARS: HOW TO PREPARE YOUR CHILD FOR SCHOOL SUCCESS! @ ISHIKAWA**

Saturday, September 29 ..... 8:00-12:00 p.m.  
ISHIKAWA ELEMENTARY · 2635 N. 32nd St. · Mesa, 85213

### 1 WEEK CLASSES

#### **UNDERSTANDING PERSONALITY**

Learn how personality is shaped as well as tips to improve parent/child relationships. **2 HOUR CERTIFICATION**

**Fall, 2018 UNDERSTANDING PERSONALITY @ EDISON**

Tuesday, September 18 ..... 6:00-8:00 p.m.  
EDISON ELEMENTARY · 545 N Horne · Mesa, 85203

#### **UNDERSTANDING THE IEP AND THE PARENT ROLE IN THE PROCESS: A Workshop for Parents of Students with Special Needs**

Have a better understanding of Special Education and the Individualized Education Program (IEP). The following topics will be discussed: the IEP document, the parent's role in the special education process, and how to prepare for, and be an effective participant at the meeting. You will learn who is a member of your child's IEP team, how to track your child's progress, and what to do if the team does not agree. Spanish interpretation will be provided. **2 HOUR CERTIFICATION**

**Fall, 2018 UNDERSTANDING THE IEP AND THE PARENT ROLE IN THE PROCESS @ POSTON JR.**

Tuesday, November 27 ..... 6:00-8:00 p.m.  
POSTON JR. HIGH · 2433 E Adobe St. · Mesa, 85213

**Spring, 2019 UNDERSTANDING THE IEP AND THE PARENT ROLE IN THE PROCESS @ POSTON JR.**

Tuesday, February 12 ..... 6:00-8:00 p.m.  
POSTON JR. HIGH · 2433 E Adobe St. · Mesa, 85213

#### **WHAT TEENS STRESS ABOUT AND HOW PARENTS CAN HELP THEM COPE**

Peace, Cooperation and Less Stress during the teen years? Well...That sounds impossible. LOL! We begin with eye opening information for parents that some data places school and parents as the top 2 stressors for teens. Parents are presented with information about myths and facts about stress. Specific tools will be provided for parents to create an environment at home that helps reduce stress for their teens. This will include discussing parenting styles; teen brain development and communication methods. **2 HOUR CERTIFICATION**

**Fall, 2018 WHAT TEENS STRESS ABOUT AND HOW PARENTS CAN HELP THEM COPE @ SHEPHERD JR.**

Tuesday, September 18 ..... 6:00-8:00 p.m.  
SHEPHERD JR. HIGH · 1407 N Alta Mesa Dr. · Mesa, 85205

#### **WHY DO THEY ACT THAT WAY? UNDERSTANDING CHILDREN'S TEMPERAMENT**

Temperament is a set of traits that determines a child's personality and, in turn, their behavior. These traits help explain why one child likes to be cuddled, another wants to be left alone and a third is constantly moving. This workshop will present information to help parents understand why their children react to certain situations differently and how to adjust discipline styles to address their distinct temperaments. **2 HOUR CERTIFICATION**

**Fall, 2018 WHY DO THEY ACT THAT WAY? UNDERSTANDING CHILDREN'S TEMPERAMENT @ KERR**

Tuesday, September 18 ..... 6:00-8:00 p.m.  
KERR ELEMENTARY · 125 E. McLellan Rd. · Mesa, 85201

## Section 1: Positive Parenting Life Skills

### LECTURE SERIES ABOUT TEENS (Attend One Or All)

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: GETTING YOUR TEEN TO COOPERATE**

Teens who are respectful...who don't bicker or talk back...who follow directions...who do their homework...and their chores! Who are fun to spend time with...in your dreams, right? No—it's possible! Let me show you how! **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: GETTING YOUR TEEN TO COOPERATE @ CARSON JR.**  
Tuesday, August 21 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: GETTING YOUR TEEN TO COOPERATE @ SMITH JR.**  
Tuesday, January 29 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: LESS YELLING, MORE TALKING!**

Parents, are you tired of nagging your teen to follow through with chores, homework, and other responsibilities? Learn strategies for teaching your child to follow through, managing disrespect and backtalk, and—most important—building a positive relationship with your teen. **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: LESS YELLING, MORE TALKING! @ CARSON**  
Tuesday, August 28 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: LESS YELLING, MORE TALKING! @ SMITH JR.**  
Tuesday, February 5 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: IMPROVING YOUR TEEN'S BEHAVIOR**

Is your child under performing at school or misbehaving at home? You ask them why and the answer is, "I don't know." You ground them but it doesn't do much good. Learn to go beyond consequences to problem solving, and guide your teen toward better behaviors that will lead them to success, and you to more joyful parenting! **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: IMPROVING YOUR TEEN'S BEHAVIOR @ CARSON JR.**  
Tuesday, September 4 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: IMPROVING YOUR TEEN'S BEHAVIOR @ SMITH JR.**  
Tuesday, February 12 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: GETTING YOUR TEEN TO LISTEN TO YOU!**

Remember the adults in the Charlie Brown specials? Do you ever feel like one of those adults—all your teen seems to hear is "Wah wah wah wah wah"? Learn more effective ways of communicating with your teen about tough topics—anything from homework to dating to drugs—and grow your connection by listening to their words...so they will listen to yours. **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: GETTING YOUR TEEN TO LISTEN TO YOU! @ CARSON JR.**  
Tuesday, September 11 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: GETTING YOUR TEEN TO LISTEN TO YOU! @ SMITH JR.**  
Tuesday, February 19 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

### LECTURE SERIES ABOUT TEENS (ATTEND ONE OR ALL)

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: EMPOWERING TEENS TO MAKE GOOD CHOICES**

Rebellious teens! How can we get them to listen to us and make good choices for themselves? Parents will learn the difference between empowering and enabling kids as they go through their rebellious phase, and walk away with strategies for staying connected even in the most challenging parenting moments! **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: EMPOWERING TEENS TO MAKE GOOD CHOICES @ CARSON JR.**  
Tuesday, October 16 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: EMPOWERING TEENS TO MAKE GOOD CHOICES @ SMITH JR.**  
Tuesday, March 19 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: HELPING TEENS COPE WITH STRESS AND LIFE CHALLENGES**

How does your child react to the tough stuff that life throws at them? Some kids give up too easily and never give themselves the chance to see what they can really do. Others take on too much and collapse under the weight of perfectionism and over-achievement. Parents will learn strategies for helping children manage challenges with confidence, cope with stress effectively, and increase the connection within the family. **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: HELPING TEENS COPE WITH STRESS AND LIFE CHALLENGES @ CARSON JR.**  
Tuesday, October 23 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: HELPING TEENS COPE WITH STRESS AND LIFE CHALLENGES @ SMITH JR.**  
Tuesday, March 26 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: YES, IT'S HARD, BUT DO IT ANYWAY! TEACHING TEENS PERSISTENCE**

Research is finding that students' ability to be persistent is the best predictor of their success in life. In this interactive workshop, parents will learn how to teach children to be persistent when school gets hard, and when life gets hard. **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: YES, IT'S HARD, BUT DO IT ANYWAY! TEACHING TEENS PERSISTENCE @ CARSON JR.**  
Tuesday, October 30 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: YES, IT'S HARD, BUT DO IT ANYWAY! TEACHING TEENS PERSISTENCE @ SMITH JR.**  
Tuesday, April 2 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

## Section 1: Positive Parenting Life Skills

### LECTURE SERIES ABOUT TEENS (ATTEND ONE OR ALL)

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: TALKING ABOUT TOUGH TOPICS WITH TEENS**

Teens are natural risk-takers. We want our children to be courageous, but we also want to keep them safe. Ignoring won't make risks go away but lecturing only makes kids tune us out. In this workshop, parents will learn strategies for communicating with children about tough topics in ways that build bridges, rather than walls. **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: TALKING ABOUT TOUGH TOPICS WITH TEENS @ CARSON JR.**

Tuesday, November 6 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: TALKING ABOUT TOUGH TOPICS WITH TEENS @ SMITH JR.**

Tuesday, April 9 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

### LECTURE SERIES ABOUT TEENS (ATTEND ONE OR ALL)

#### **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: ELIMINATING POWER STRUGGLES WITH TEENS**

Teens like to push the boundaries and parents often don't know what to do except push back. What if there were an alternative to that power struggle? Parents will learn more bridge-building strategies that result in greater connection with their kids. **2 HOUR CERTIFICATION**

**Fall, 2018** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: ELIMINATING POWER STRUGGLES WITH TEENS @ CARSON JR.**

Tuesday, November 13 ..... 6:30-8:30 p.m.  
CARSON JR. HIGH · 525 N. Westwood · Mesa, 85201

**Spring, 2019** **PARENTING PARTNERS: RAISING A SUCCESSFUL TEEN: ELIMINATING POWER STRUGGLES WITH TEENS @ SMITH JR.**

Tuesday, April 16 ..... 6:30-8:30 p.m.  
SMITH JR. HIGH · 10100 E. Adobe Rd. · Mesa, 85207

## Section 2: Academic - Reading / Math / Science

### READING

#### **RAISING READERS**

A child's success with reading begins long before he or she enters the classroom. In this class, parents will learn how to get their child off to a strong start with fun activities that build phonological awareness, phonics skills, vocabulary, and comprehension all while developing a love for reading. Parents will come away with free and low cost resources and tons of ideas to turn their home into a print rich environment that really makes a difference for their child's readiness for school. Parents will also learn about the common assessments given in K-3rd grades and how to help their children if they struggle to do well. **2 HOUR CERTIFICATION**

**Fall, 2018** **RAISING READERS @ MENDOZA**

Thursday, September 27 ..... 6:00-8:00 p.m.  
MENDOZA ELEMENTARY · 5831 E. McLellan Rd. · Mesa, 85205

**Spring, 2019** **RAISING READERS @ GUERRERO**

Thursday, February 7 ..... 6:00-8:00 p.m.  
GUERRERO ELEMENTARY · 463 S. Alma School Rd. · Mesa, 85210

### MATH

#### **FRACTION ADDITION AND SUBTRACTION 3<sup>RD</sup>-4<sup>TH</sup> GRADES**

Come and see how we use paper fraction circles to help your child understand how to add and subtract fractions with visual models. You will use the pieces to solve real-world problems. You will go home empowered to help your child build conceptual understanding while spending quality time together. **1.5 HOUR CERTIFICATION**

**Fall, 2018** **FRACTION ADDITION AND SUBTRACTION 3<sup>RD</sup>-4<sup>TH</sup> GRADES @ PORTER**

Tuesday, August 28 ..... 6:30-8:00 p.m.  
PORTER ELEMENTARY · 1350 S. Lindsay Rd. · Mesa, 85204

**Fall, 2018** **FRACTION ADDITION AND SUBTRACTION 3<sup>RD</sup>-4<sup>TH</sup> GRADES @ EMERSON**

Wednesday, August 29 ..... 6:00-7:30 p.m.  
EMERSON ELEMENTARY · 415 N. Westwood · Mesa, 85201

**Fall, 2018** **FRACTION ADDITION AND SUBTRACTION 3<sup>RD</sup>-4<sup>TH</sup> GRADES @ KELLER**

Thursday, August 30 ..... 6:00-7:30 p.m.  
KELLER ELEMENTARY · 1445 E. Hilton Ave. · Mesa, 85204

### MATH

#### **FRACTION MULTIPLICATION AND DIVISION- GRADES 5<sup>TH</sup>-6<sup>TH</sup>**

Come and see how we use paper fraction circles to help your child understand how to multiply and divide fractions with visual models. You will use the pieces to solve real-world problems. You will go home empowered to help your child build conceptual understanding while spending quality time together. **1.5 HOUR CERTIFICATION**

**Fall, 2018** **FRACTION MULTIPLICATION AND DIVISION- GRADES 5<sup>TH</sup>-6<sup>TH</sup> @ FALCON HILL**

Tuesday, September 4 ..... 6:00-7:30 p.m.  
FALCON HILL ELEMENTARY · 1645 N. Sterling · Mesa, 85207

**Fall, 2018** **FRACTION MULTIPLICATION AND DIVISION- GRADES 5<sup>TH</sup>-6<sup>TH</sup> @ KELLER**

Wednesday, September 5 ..... 6:00-7:30 p.m.  
KELLER ELEMENTARY · 1445 E. Hilton Ave. · Mesa, 85204

**Fall, 2018** **FRACTION MULTIPLICATION AND DIVISION- GRADES 5<sup>TH</sup>-6<sup>TH</sup> @ LOWELL**

Thursday, September 6 ..... 6:00-7:30 p.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

#### **ADDITION AND SUBTRACTION IN GRADES 1<sup>ST</sup>-2<sup>ND</sup>**

Come and see how to use Base 10 blocks, open number lines and a 100 chart to add and subtract quickly and easily. You will be amazed at how effective these strategies are. Your child is learning how to use these tools, and you can too! Join us as we solve real-world problems and have fun at the same time. **1.5 HOUR CERTIFICATION**

**Fall, 2018** **ADDITION AND SUBTRACTION IN GRADES 1<sup>ST</sup>-2<sup>ND</sup> @ PORTER**

Tuesday, October 2 ..... 6:30-8:00 p.m.  
PORTER ELEMENTARY · 1350 S. Lindsay Rd. · Mesa, 85204

**Fall, 2018** **ADDITION AND SUBTRACTION IN GRADES 1<sup>ST</sup>-2<sup>ND</sup> @ FALCON HILL**

Wednesday, October 3 ..... 6:00-7:30 p.m.  
FALCON HILL ELEMENTARY · 1645 N. Sterling · Mesa, 85207

**Fall, 2018** **ADDITION AND SUBTRACTION IN GRADES 1<sup>ST</sup>-2<sup>ND</sup> @ LOWELL**

Thursday, October 4 ..... 6:00-7:30 p.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

## Section 2: Academic - Reading / Math / Science

### MATH

#### **HELP YOUR CHILD MASTER THEIR MULTIPLICATION FACTS**

Does your child need help learning their times tables? If so, this class is for you! Come and see how to use a simple strategy to break the facts into smaller chunks. You will be AMAZED how easy it is to multiply by 12 and even 15 in your head! We will solve problems like this: John bought 7 dozen donuts. Find this totally mentally. YOU CAN DO IT! **1.5 HOUR CERTIFICATION**

#### **Fall, 2018 HELP YOUR CHILD MASTER THEIR MULTIPLICATION FACTS @ EMERSON**

Tuesday, November 13 ..... 6:00-7:30 p.m.  
EMERSON ELEMENTARY · 415 N. Westwood · Mesa, 85201

#### **Fall, 2018 HELP YOUR CHILD MASTER THEIR MULTIPLICATION FACTS @ ADAMS**

Wednesday, November 14 ..... 6:00-7:30 p.m.  
ADAMS ELEMENTARY · 738 S. Longmore · Mesa 85202

#### **Fall, 2018 HELP YOUR CHILD MASTER THEIR MULTIPLICATION FACTS @ LOWELL**

Thursday, November 15 ..... 6:00-7:30 p.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

### MATH

#### **IT'S NEVER TOO LATE TO TEACH KIDS THE VALUE OF A DOLLAR**

It is important that children have an understanding about family finances. Exchanging money for goods/services is not going away. The way children view money now can impact how they will use money in the future. Topics include are: Money Habits, Basics for saving and spending money (broken down by age group), How to use allowance effectively, and common mistakes parents make teaching kids about money. **2 HOUR CERTIFICATION**

#### **Fall, 2018 IT'S NEVER TOO LATE TO TEACH KIDS THE VALUE OF A DOLLAR @ ADAMS**

Thursday, September 13 ..... 6:00-8:00 p.m.  
ADAMS ELEMENTARY · 738 S. Longmore · Mesa 85202

#### **Spring, 2019 IT'S NEVER TOO LATE TO TEACH KIDS THE VALUE OF A DOLLAR @ LOWELL**

Thursday, February 21 ..... 6:00-8:00 p.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

## Section 3: Online Classes

### Online Classes

(These online classes can be taken any time throughout the school year. A link and instructions to the class will be sent to you once you register for a class.)

#### **ONLINE THINKING MATTERS: A PARENT'S GUIDE TO MINDSETS**

Stanford University's researcher, Carol Dweck, has studied the topic of "success" and has concluded that thinking does matter. This online Parent University class provides information on Carol Dweck's research on "Growth Mindsets" and the application of how to foster that thinking in our children. Once you have registered, a link to access the class materials will be sent to you. This self-paced class will take you through 6 modules. Each module has a "Task Response" to complete. Once all six module's tasks are completed a certificate of completion will be sent to you. **5 HOUR CERTIFICATION**

#### **ONLINE SAFETY**

The Internet is a wonderful place when you know how to use it safely. In this course, you will learn how to protect your children, personal information and computer. Also, how to avoid cyberbullying and being a victim of cybercrime **2 HOUR CERTIFICATION**

#### **ONLINE INFORMATION SOURCES**

In this course, you will learn how to find and evaluate online information. You will explore how to do an effective Google search and how to figure out if what you read on the Internet is real or fake. The Internet is full of information, and knowing how to find good, credible information is a skill for success in school and throughout life. **2 HOUR CERTIFICATION**

### Online Classes

(These online classes can be taken any time throughout the school year. A link and instructions to the class will be sent to you once you register for a class.)

#### **ONLINE COMMUNICATION**

When you hear about Internet trolls and memes, do you think they are talking about imaginary animals? Not sure what the difference is between a wiki, blog & podcast? Ever wondered about online etiquette? In this course, you will explore the basics of communicating online. Course topics include online etiquette, email, texting, instant messaging, chat, avatars, memes, wikis, blogs & podcasts. **2 HOUR CERTIFICATION**

#### **ONLINE GMAIL**

So much more than an inbox! Gmail helps organize and streamline your communications. This course covers contact groups, topical folders, searching, canned responses, and other less-known features of Gmail. **2 HOUR CERTIFICATION**

#### **ONLINE GOOGLE CALENDAR**

Calendar is like your personal assistant! Get reminders for important events, make appointments, share calendars with other users, keep a task list, and more. **2 HOUR CERTIFICATION**

#### **ONLINE SOCIAL MEDIA - WHAT DO I NEED TO KNOW ABOUT IT?**

In this course, we explore social media, what to be aware of, what to watch out for, and how it can benefit us. Establishing limits and having open conversations about how technology use is important. **2 HOUR CERTIFICATION**

## Section 4: Classes in Spanish

### 4 WEEK CLASSES

#### **FIRST FIVE YEARS (IN SPANISH)**

First Five Years® is a 4-session series which will help you nurture your child with a “just right” combination of freedom and positive discipline. Topics include child brain development, preventing tantrums and other challenges, calming techniques and school readiness. First Five Years® is provided FREE by Arizona’s Children Association in collaboration with Family SPOT Resource Centers and is funded by First Things First. Free materials and gifts for participating are included. FREE CHILDCARE IS PROVIDED by Arizona’s Children Association.

**6 HOUR CERTIFICATION**

**Fall, 2018 FIRST FIVE YEARS (IN SPANISH) @ LOWELL**

Tuesdays, September 11, 18, 25, October 2 ..... 9:30-11:00 a.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

### 3 WEEK CLASSES

#### **BRAIN TIME (IN SPANISH)**

Brain Time© is a fun, interactive setting where parent/caregiver and child learn together. This workshop is taught in three sessions and follows a basic library-style ‘story time’ format, but includes one-on-one time for the parent/caregiver and child to work and play together. Brain Time© utilizes the Brain Box® learning system. This program is offered for parents/caregivers and children birth to 36 months of age. Funding for this program is provided by Boeing.

**4.5 HOUR CERTIFICATION**

**Fall, 2018 BRAIN TIME (IN SPANISH) @ LOWELL**

Wednesday, November 14, 21, 28 ..... 9:30-11:00 a.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

### 3 WEEK CLASSES

#### **KINDER PREP® “A” (IN SPANISH)**

Kinder Prep® A is an adult/child, interactive 3 session workshop series for children ages three to five years old. Each session focuses on kindergarten readiness activities in language and literacy, with an emphasis on early math and science development. Participants will be able to take home the activities they work on, as well as a gift incentive for each session. Kinder Prep® A series and B series do not need to be taken consecutively. Funding for this program is provided by Boeing.

**4.5 HOUR CERTIFICATION**

**Fall, 2018 KINDER PREP® A (IN SPANISH) @ LOWELL**

Thursdays, September 6, 13, 20 ..... 9:30-11:00 a.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

#### **KINDER PREP® B (IN SPANISH)**

Kinder Prep® B is an adult/child, interactive 3 session workshop series for children ages three to five years old. Each session focuses on kindergarten readiness activities in language and literacy, with an emphasis on early math and science development. Participants will be able to take home the activities they work on, as well as a gift incentive for each session. Kinder Prep® A series and B series do not need to be taken consecutively. Funding for this program is provided by Boeing.

**4.5 HOUR CERTIFICATION**

**Fall, 2018 KINDER PREP® B (IN SPANISH) @ LOWELL**

Tuesdays, November 13, 20, 27 ..... 9:30-11:00 a.m.  
LOWELL ELEMENTARY · 920 E Broadway Rd. · Mesa, 85204

## Section 5: Registration

### REGISTER ONLINE AT

## [WWW.MPSAZ.ORG/PARENTU](http://WWW.MPSAZ.ORG/PARENTU)

or fill out the registration form below and mail to the address below.

*\* No childcare is provided. Infants and children are not allowed in class unless the class description specifically states. (First Five Years, Common Sense Parenting, Kinder Prep “A”/“B”, or Brain Time)*

Mesa Public Schools  
Title I and School Improvement Dept.  
Attn: Parent University  
549 North Stapley Drive  
Mesa, AZ 85203-7203

NAME(S): \_\_\_\_\_ EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME(S): \_\_\_\_\_ EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

SEMESTER: FALL OR SPRING	CLASS TITLE	NUMBER OF PEOPLE