

south orange county family resource center

April—June 2007

Fee waivers available upon request. Call to preregister for limited free child care.

parent education

Baby Signs® Parent Workshop

Learn to sign with your baby (ages birth to 2 years) in daily routines and what to expect as your baby transitions from signs to speech. Led by Shellie Pence.

Date: Wednesday, May 9
Time: 6:30–8 p.m.

Fee: \$50 per family (includes Baby Signs® parent kit)

Positive and Practical Parenting

Enhance positive parent/child interactions, increase parental control, provide consistent discipline, and practice problem solving, communication and play.

Children (ages 6 to 17) participate in some sessions. Individual coaching available. Presented by CSP Parent Educator.

Dates: Mondays, April 23–30, May 7–21, June 4
Time: 6–8 p.m.

Fee: FREE

What Children of Divorce Want Their Parents to Know

Join Paul Gillane, LMFT, to see divorce through the eyes of children and make a positive difference.

Dates: Tuesdays, April 17, 24
Time: 6–8 p.m.

Fee: \$25 per person

Anger Management for Parents

Join Sunny Steinmeyer, PhD, as she helps parents cope with anger in themselves and their children more

effectively. Parents will learn positive communication skills.

Dates: Tuesdays, May 8–22
Time: 6:30–8 p.m.

Fee: \$30 per person

Divorce Does Not Have to Be a Battle: Know Your Options

It is possible to solve the emotional, legal and financial problems of divorce with dignity. If you or someone you know is considering divorce, this educational seminar will help you understand your options. Led by Susie Duffy, LMFT, and Jan Dudman, JD.

Date: Monday, June 18
Time: 6–8 p.m.

Fee: FREE

Art 4 Healing

Adults will express their feelings on canvas while studying color, composition and other elements of art, using art for healing methods. Led by certified Art 4 Healing facilitator.

Date: Monday, June 11
Time: 5–8 p.m.

Fee: FREE

Love & Limits: Guiding Your Teen

If you would like to go from problem to solution and gain new communication skills, join Louisa McLane-Seidler, MS, MFT, as she teaches you how to improve your relationship with your teenager, ages 12 to 17.

Dates: Wednesdays, April 18, 25, May 2–30
Time: 6–8 p.m.

Fee: \$55 per family (includes \$25 materials fee for parents' workbook)

youth programs

Art for Healing: Expressing Feelings for Kids and Teens

Participants will express their feelings on canvas while studying color, composition and other elements of art, using art for healing methods. Led by Certified Art 4 Healing facilitator.

Dates: Monday, April 16, 5–7 p.m. (ages 13–18)
Monday, April 23, 5–7 p.m. (ages 6–12);

Fee: FREE

Emotional Life Skills for Teens

Steven Bush, MSW, teaches teens ages 13 to 16 emotional intelligence, communication skills, and anger and stress management.

Dates: Mondays, April 30, May 7–21
Time: 6:30–8 p.m.

Fee: \$30 per teen

Anger Management for School-Age Children

Children 9 to 11 will learn how to handle their stress and anger constructively. Parents will attend the first and last session. Led by Louisa McLane-Seidler, MS, MFT.

Dates: Wednesdays, April 18, 25, May 2, 9
Time: 4–5:30 p.m.

Fee: \$35 per child

Registration starts March 1, 2007. Call (949) 364-0500 or visit socfrc.org for more information.

Home Skills: How to be Safe and Secure

Mary Marlin, MS, will teach kids 7 to 11 how to answer the phone and door, when to call 911 and more. We do not encourage leaving children this age home alone, but these are important skills for kids to learn.

Date: Saturday, May 19
Time: 9–11 a.m.

Fee: \$20 per child

Girl Power

Girls will discuss peer pressure, self-esteem, healthy friendships and nutrition.

Led by Edith Ramirez.

Dates: Wednesdays, June 6–27

Time: 4:30–6 p.m. (ages 13–16); 6–7:30 p.m. (ages 9–12)

Fee: \$25 per child

Social Skills for Children

Suzan Aldimassi, MFT, will teach children ages 7 to 12 to develop positive interactions with others and enhance self-esteem. Parents will attend part of the first session.

Dates: Tuesdays, May 8–29
Time: 4–5:30 p.m.

Fee: \$35 per child

Children's Yoga

Liesbeth Sotebeer will introduce relaxation, breathing, imaginative play and yoga poses to children ages 7 to 12 in a fun and positive way.

Dates: Thursdays, May 3–24
Time: 4–4:45 p.m.

Fee: \$35 per child

health & safety

Car Seat Safety Class

Ninety-five percent of car seats are used incorrectly. Learn proper use, common mistakes, hidden dangers and new laws regarding child safety seats. Sponsored by CHOC Community Education.

Date: Friday, April 27

Time: 11:15 a.m.–12:45 p.m.
Fee: FREE

Boo Boo Busters

Ninety percent of accidents involving children can be avoided. Join child safety expert Kimberlee Mitchell for some new and innovative ways to childproof your home.

Date: Monday, June 18
Time: 10–11 a.m.

Fee: FREE

Yoga ... A Time Just for You

Join classic Hatha yoga instructor Liesbeth Sotebeer to reduce stress and increase relaxation, flexibility and energy. Wear comfortable clothing and bring a mat or blanket.

Dates: Wednesdays, April 4–25, May 2–23 or June 6–27
Time: 9–10 a.m.

Fee: \$35 per person

Children Blossom with Love

Join the FRC in a community celebration to promote healthy and safe families. The O.C. Fire Authority will provide us with a look at one of its finest trucks, while you enjoy a day of crafts and entertainment.

Date: Saturday, April 21
Time: 10 a.m.–12 p.m.

Fee: FREE

support group

Breastfeeding Support Group

Join other moms with babies of all ages to discuss breastfeeding joys and challenges, returning to work, nutrition and other topics. Hands-on help is not available during these meetings.

Dates: Thursdays

Time: 10–11 a.m.

Fee: FREE

Foster/Adoptive and Kinship Parent Support Group

This training meets the annual minimum hours requirement for both state and county. Topics include parenting skills, permanency planning, grief and loss, and emotionally disturbed children. Led by Tina Fietsam, LCSW.

Dates: Second Wednesday of every month

Time: 6:30–9:30 p.m.

Fee: FREE

Postpartum Depression Support Group

Sue Harrison, RN, leads this ongoing support group that discusses the unexpected feelings of anxiety, isolation, weepiness and depression that can follow birth. Babies are welcome.

Dates: Second and fourth Tuesdays of every month

Time: 10–11:30 a.m.

Fee: FREE

Mommy Matters

Kim Green, LVN/health educator, leads this interactive group for moms and babies to share the joys and concerns that life with a baby brings.

Dates: Fridays

Time: 11:30 a.m.–12:30 p.m. (birth–9 months); 10:15–11:15 a.m. (10–16 months)

Fee: FREE

Discovery Group

Join our ongoing support group for adoptive and pre-adoptive children ages 6 to 17 to share their excitement and worries about adoption. They will also explore their history and prepare for their future through interactive projects and discussions.

Led by Rodrigo De La Mora.
Info: Call (949) 364-0500 for dates, times and location.

parent & child together

Infant Massage

Cindy Charleton, RN, certified infant massage instructor, teaches parents new techniques for relaxing and bonding with babies, birth to 6 months of age.

Dates: Thursdays, May 3–17 (1–2:15 p.m.) or Mondays, June 4–25 (10:30 a.m.–12 p.m.)

Fee: \$35 per infant

Toddler Talk

Toddlers ages 1 to 3 (must be walking) play while parents discuss a variety of common concerns. Led by Ann Corwin, PhD.

Dates: Mondays,

April 2–16

Time: 10:45 a.m.–12 p.m.

Fee: \$35 per child

YMCA Gym Tots

This wonderful class enables toddlers ages 13 months to 30 months to enjoy a variety of sensory motor experiences including music and movement, finger play and light parachute activities.

Dates: Wednesdays, April 11–25, May 9–23 or June 6–20

Time: 10:10–10:55 a.m.

Fee: \$35 per toddler

YMCA Gym Babies

Bring your child ages 6 months to 12 months to enjoy exercises, music, singing and circle time.

Dates: Wednesdays, April 11–25, May 9–23 or June 6–20

Time: 11–11:45 a.m.

Fee: \$35 per infant

YMCA Art Tots

Spend time with your little ones, ages 31 months to 48 months, creating art while exploring colors and shapes, listening to stories and singing songs.

Dates: Mondays,

May 7–21

Time: 9–10 a.m.

Fee: \$35 per child

South Orange County Family Resource Center is a collaboration among: Mission Hospital, The Raise Foundation, Children's Bureau Community Service Program Inc. and Team of Advocates for Special Kids (TASK)

community services

Health Insurance Assistance for Uninsured Families

Our healthcare advocates will assist you with enrollment for medical insurance for children and families including Healthy Families, Medi-Cal or California Kids.

Information Referral/Warmline

Call Cynthia Campos or Erica Gonzalez for resources and referrals to other community services.

Families for the Family Resource Center

Join us in developing new ideas and serve as an adviser on our programs and services. Also, help with special projects and volunteer recruitment.

Info: Contact Tracy Scheil at (949) 364-0500, ext. 108.

Creating Pathways

This free, in-home visitation program offers support to families with children up to age 5. Parenting education and links to community programs will be offered. In-home mental health counseling available. Call (949) 707-1549.

family resource program registration

Family Resource Center
28191 Marguerite Parkway
Suite 19
Mission Viejo, CA 92691
(949) 364-0500

Registration Process:

There are two ways to register:

1. Mail form with payment
2. In-person/preregistration Check or exact cash only. (Space is limited.)

Please include separate checks for each class payable to **The Raise Foundation**. (Fee waiver available.)

Please call to preregister for limited FREE child care.

Ofrecemos otros servicios en español. Para más información, llame al (949) 364-0500.

Adult Name: _____

Address: _____

Phone: _____

Class Title and Date	Fee	Participant Name	DOB

Enclosed is \$ _____ Cash/Check # _____

Refunds or transfers are permitted only with two weeks' notice. Returned checks have a \$24 processing fee.

No makeup classes and no confirmation will be sent.

Parent Signature: _____ Date: _____

