Parent Trainings and Workshops

5 Steps to Five

5 Steps to Five is a parenting program coaching parents and their infants in groups with trained facilitators, who model ways of interacting with the babies to build cognitive, verbal, emotional and social skills.

The goal: prepare these children for school, using the five steps – Nurture, Talk, Play, Read, Explore. Parents learn the importance of being the child's first and most important teachers – beginning at birth.

Date: Every Saturday morning, except holidays

Time: 9:30am-11:00am

Location: Port Chester Head Start classrooms, 17 Spring Street, Port Chester

Participants: Port Chester residents who qualify for Head Start from before birth to infants between 0 and 36 months.

Staff: Teachers and family workers from Monday-Friday Head Start program; minimum of two staff per room with parents and infants together. Program Manager, also from Head Start during the week, supervises the activities and payroll. Founders and new Director oversee total program.

Cost: Through the generous support of many family foundations, individuals and local churches, we were able to raise funding in advance to cover the first three years. The budget is 100% privately funded. Almost all funds go to program due to very low administrative overhead.

Contact: For more information call 914-508-9952 or email info@5stepstofive.org

Website: www.5stepstofive.org

Building Family Resilience

Parenting Isn't a Practice. It's a Daily Learning Experience.

A "*light touch*" evidence-informed class designed to help caregivers think about their approach to parenting, and develop new strategies to enhance their family's well-being, as well as their sense of parenting self-confidence. This class meets for 5 sessions and provides an overview of the following topics:

- Parenting roles and responsibilities.
- Identifying goals for change.
- Discipline vs. Punishment.
- Descriptive Praise for Improved Family Interactions.
- Effective Communication.
- Identifying Stressors and Practicing Self-Care

Who is this for?

Caregivers who want to:

- Increase their confidence.
- Gain new skills and learn new strategies.
- Develop a support network.

Before signing up for a class, participants must first attend an orientation.

Orientation Date	**Time**
12/7/22 or 1/4/23 (participants only need to attend one of these dates)	10:00am-12:00pm
12/7/22 or 1/4/23 (participants only need to attend one of these dates)	6:00pm-8:00pm

Building Family Resilience

10:00am-11:30pm	**6:00-7:30pm**
1/9/23	1/12/23
1/11/23	1/17/23
1/18/23	1/19/23
1/23/23	1/24/23
1/25/23	1/26/23

Cost: ALL FAMILY TIES SERVICES ARE FREE AND CONFIDENTIAL
Contact: For more information, please call (914) 995-5238 or email info@famtieswest.org
Website: http://www.familytieswestchester.org

CONSTRUYENDO RESILIENCIA FAMILIAR

La crianza de los hijos no es una práctica. Es una experiencia de aprendizaje diaria.

Una clase basada en la evidencia de "toque ligero" diseñada para ayudar a los cuidadores a pensar en su enfoque de la crianza de los hijos y desarrollar nuevas estrategias para mejorar el bienestar de su familia, así como su sentido de confianza en sí mismos de los padres. Esta clase se reúne durante 5 sesiones y proporciona una visión general de los siguientes temas:

- Popel de los Padres y responsabilidades de la crianza de los hijos.
- Identificar metas para el cambio.
- Disciplina vs. Castigo.
- Elogio descriptivo para mejorar la familia Interacciones.
- Comunicación efectiva.
- Identificar los factores estresantes y practicar el cuidado a si mismo.

¿A quién va dirigido?
Cuidadores que desean:

- Aumentar su confianza.
- Adquirir nuevas habilidades y aprender nuevas estrategias.
- Desarrollar una red de apoyo.

Antes de inscribirse en una clase, los participantes primero deben asistir a una orientación.

ORIENTACION

Fecha	**Tiempo**
Orientation Date	**Time**
12/7/22 o 1/4/23 (los participantes solo necesitan asistir a una de estas fechas)	6:30pm-8:00pm
12/15/22 o 1/5/23 (los participantes solo necesitan asistir a una de estas fechas)	11:30am-1:00pm

CONSTRUYENDO LA RESILIENCIA FAMILIAR

6:30pm-8:00pm	**11:30am-1:00pm**
1/12/23	1/13/23
1/19/23	1/20/23
1/26/23	1/27/23
2/2/23	2/3/23
2/9/23	2/10/23

Costo: TODOS LOS SERVICIOS DE FAMILY TIES SON GRATUITOS Y CONFIDENCIALES
Contacto: Para obtener más información, llame al (914) 995-5238 o envíe un correo electrónico a info@famtieswest.org
Sitio Web: : http://www.familytieswestchester.org

I WISH I HAD KNOWN THIS SOONER
Understanding your Child's Rights & Responsibilities under Special Education Law
Family Empowerment Advocacy Series
Parents & family members, Join us for this FREE IN-DEPTH TRAINING to learn about your child's rights, the special education process, and how to effectively advocate for your child and other children. Topics include Advocacy Skills, Advocate Q&A session, AIS & 504s, Banging your Head Against a Brick Wall, Educational Records Binder, Evaluations, IEP Case Studies, NYS Rules & Regulations, your choice of Transition workshop, Understanding the CSE Process & and much, much more.
Dates: January 11th, 2023
January 18th, 2023
January 25th, 2023
February 1st, 2023
February 8th, 2023
February 15th, 2023
Time: Each week you can attend either: Morning session 9:30am-12:30pm or Evening session 6:00pm-9:00pm
Presenters: Renee Falanga-Brenner, Resource Center for Accessible Living
Alison Morris, Esq., Cuddy Law Firm PLLC
Jennifer O'Neill, Taconic Resources for Independence, Inc.
Sandi Rosenbaum, Littman Krooks LLP
Diane Troeller, My Independent Living Inc.
Marion Walsh, Esq., Littman Krooks LLP
Speakers & Facilitators from WILC/PILS: Denise Green, Parent Training Information Coordinator and Fiona Rattray, Parent Training & Information Specialist
Cost: A free presentation
Location: Zoom Trainings
Contact: For more information, contact Fiona Rattray, frattray@putnamils.org 845-228-7457 x1126
Website: https://www.putnamils.org

LET'S GET SOCIAL

Come Take Advantage of this interactive virtual social skills group. The group will focus on how to connect with peers and how to create meaningful relationships. Each session is tailored to include a discussion and hands-on activities to assure participants receive immediate knowledge and skills. Join our group where we can grow our social skills together.

Dates: 1/25/23, 2/1/23, 2/8/23, 2/15/23 & 2/22/23
Time: 1:00pm-2:00pm
Presenters: Denise DelliSanti, Peer Specialist and Christine Stevens
Cost: Free webinar
Location: Via Zoom
Contact: For more information or to register for this group, please contact Denise DelliSanti, at ddelliSanti@wilc.org, 845-535-1561.
Website: https://www.wilc.org

Managing Transition through the School Years (Preschool to Elementary, Elementary to Middle, Middle to High)

This brief informational workshop will provide participants with tips and resources regarding the transition from the Committee on Preschool Special Education (CPSE) to the Committee on Special Education (CSE), and all the transitions that follow!

Date: 1/31/23
Time: 6:30pm-7:30pm
Presenters: Fiona Rattray, Putnam Independent Living Services (PILS) and Renée Falanga-Brenner, Resource Center for Accessible Living, Inc. (RCAL)
Cost: *Open to the Public *FREE of Charge
Location: Via Zoom
Contact: Contact Nancy Nowak at Disability Rights New York: Nancy.Nowak@drny.org or 516.238.1261
Websites: https://www.nyspecialedtaskforce.org and https://www.drny.org

More parent trainings and workshops coming soon… Check Back