

CYSS PARENTING OPPORTUNITIES FOR FALL 2009



FortLewisMWR.com

Free child care will be provided at Clarkmoor Hourly Center for all Parenting Opportunity Classes. Call 253-966-2490 or 253-966-2491 to make your child care reservation, just mention CYSS parenting class when you make your reservation and remember to allow for travel time.

Baby Sign- Come and learn ASL based baby sign language. Babies are welcome!

Instructor: Shelly Kouchnerkavich

Thursday, **September 24**, 2009 @ 1730-1900
Thursday, **October 8**, 2009 @ 1000-1130
Thursday, **October 22**, 2009 @ 1730-1900
Thursday, **November 5**, 2009 @ 1000-1130
Thursday, **November 19**, 2009 @ 1730-1900
Thursday, **December 3**, 2009 @ 1000-1130
Thursday, **December 17**, 2009 @ 1730-1900

How to Run Game Night with your Children- Learn fun, yet educational games to play with your children including card games, numbers and memorization.

Instructor: Shelly Kouchnerkavich

Saturday, **September 26**, 2009 @ 1000-1200
Saturday, **October 10**, 2009 @ 1000-1200
Saturday, **October 24**, 2009 @ 1000-1200
Saturday, **November 7**, 2009 @ 1000-1200
Saturday, **November 21**, 2009 @ 1000-1200
Saturday, **December 5**, 2009 @ 1000-1200
Saturday, **December 19**, 2009 @ 1000-1200

Scrapbooking Memories- Bring your photos, scrapbook and any other material you would like to scrap with. We will supply material available for you to use such scrapbook paper, scissors, stickers and stamps.

Instructor: Samantha Rivera

Wednesday, **September 30**, 2009 @ 1730-1900
Wednesday, **October 14**, 2009 @ 1730-1900
Wednesday, **November 18**, 2009 @ 1730-1900
Wednesday, **December 16**, 2009 @ 1730-1900

Fun Toddler Activities 0-5 years- Create and design toddler fun activities.

Instructor: Cyndy Pasley-Law

Tuesday, **October 6**, 2009 @ 1645-1745
Wednesday, **November 4**, 2009 @ 1645-1745
Wednesday, **December 9**, 2009 @ 1645-1745

Cyber Safety and the Family- Curious as to what your child is able to access on the internet? Become aware of social networking sites and how to keep your child safe.

Instructor: Eugene Lasch

Wednesday, **October 7**, 2009 @ 1730-1800

LOCATION FOR ALL PARENTING OPPORTUNITY CLASSES:

Child, Youth and School Services Central Enrollment building 2295, 12th and Bitar,
Phone number: 253-967-2494

Staying Involved with your Teen During Deployments- Strategies for keeping your teen busy and ways to talk with your teen about deployment issues.

Instructor: Samantha Rivera

Tuesday, **October 13**, 2009 @ 1730-1830

School Transitions- The average military child moves SIX to NINE times before he graduates from high school. Are you ready for your child's next school move?

Presented by Parent to Parent.

Thursday, **October 15**, 2009 @ 1730-1900

Fitness, Food and your Teen- Discussion pertaining to health and fitness habits in teens to include nutrition tips and fitness guidance.

Instructor: Amanda Randall

Wednesday, **October 21**, 2009 @ 1730-1830

Building Resilience- How to build resilience in children of all ages with the 7 C's model.

Presented by Parent to Parent.

Thursday, **November 12**, 2009 @ 1730-1900

Deployment and Redeployment-Focusing on our Children- Pre-deployment, deployment and post-deployment coping ideas for your children.

Instructor: Samantha Rivera

Tuesday, **November 17**, 2009 @ 1730-1830

Toilet Training, Ready or Not? – Join us in discussion and become better prepared to handle toilet learning in a positive way, while promoting optimistic confidence and self-esteem in your child.

Instructor: Aisha Vandesspool

Wednesday, **December 2**, 2009 @ 1730-1900

Growing Great Readers- Research given on brain development as well as great ideas to stay connected with your child as they get older.

Presented by Parent to Parent

Tuesday, **December 8**, 2009 @ 1730-1900