



Joyfully Serving and Empowering the Community

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WORKSHOPS AVAILABLE

Workshop Title	Description	Language
Active Parenting	<p>Active Parenting Workshops are an evidence-based program that combines video, activities and discussion to help parents raise children. The program demonstrates non-violent discipline techniques and effective encouragement skills.</p> <p>Free Material Includes: Parent's Guide Workbook & handouts</p>	English and Spanish
Financial Stewardship	<p>Finances ranks high as the number one reason for households' separation, personal anxiety and even depression. This 6-session workshop provides tools about getting and staying out of debt, saving more and giving more. The free workshop guides attendees toward financial peace via lectures and small group discussions.</p>	English and Spanish
Kids Sports 4-12Yr	<p>This clinic will teach fundamentals and develop new techniques to enhance the skills necessary for success in lacrosse. Participation is open to all skill levels and players</p>	English and Spanish
Adult Skills based ESL	<p>Content-based skills curriculum to integrate English language instruction with the teaching of skills essential to day to day vocational activities</p>	
Family Nutrition	<p>A content based workshop for families on how to make food choices that promote good health and a healthy weight and help prevent disease. Material provided by the US Department of Human Services</p>	English and Spanish