

OCTOBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>2 10-11:00 am Fine Arts for Kids</p>	<p>3 10-11:00 am Lenguaje de senas para bebes</p>	<p>4 11-12:00 pm Story School</p>	<p>5 10-11:15 am Stay & Play</p>	<p>6 4-6:00 pm Parenting to Prevent Bullying</p>	<p>7 10-11:00 am Understanding Dad</p>	
<p>9 10-11:00 am Fine Arts for Kids</p>	<p>10 10-11:00 am Baby Sign 101 5:30-7:30 pm Tips on Toilet Training</p>	<p>11 11-12:00 pm Story School 5:30-6:30 pm Children in Between-Part 1</p>	<p>12 10-11:00 am Baby Gym 11:15-12:15 pm Gimnasio para bebés</p>	<p>13 4-6:00 pm Ages & Stages of Infant Development</p>	<p>14 </p>	
<p>16 10-11:00 am Fine Arts for Kids 12-2:00 pm Positive Ways to Enhance Brain Development</p>	<p>17</p>	<p>18 11-12:00 pm Story School 5:30-6:30pm Children in Between-Part 2</p>	<p>19 10-11:15 am Stay & Play</p>	<p>20 9-11:00 am Raising a Confident Child</p>	<p>21</p>	
<p>23 10-11:00 am Fine Arts for Kids 12-2:00 pm Developing Family Morals, Values & Rules</p>	<p>24 10-11:00 am Gardening/ Growing Food 11:15-12:15pm Jardinería/Cultivo de alimentos</p>	<p>25 11-12:00 pm Story School</p>	<p>26 10-11:00 am Sensory Exploration 11:15-12:15pm Exploración sensorial 5:30-6:30 pm Dads & Discipline</p>	<p>27 10-11:00 am Breastfeeding 101</p>	<p>28</p>	
<p>30 10-11:00 am Fine Arts for Kids</p>	<p>31 </p>	<p>ALL ACTIVITIES & CLASSES HELD AT</p> <p>Sahuarita  FoodBank & Community Resource Center 17750 S. La Cañada Drive Sahuarita, AZ 85629</p>				<p> <i>scan to register</i></p>

* SEE OTHER SIDE FOR DESCRIPTION OF ACTIVITIES & CLASSES*

ACTIVITY	PARTICIPANTS / LANGUAGE OF CLASS	DESCRIPTION	AGE GROUP
Fine Arts for Kids	Children & Parents <i>(Bilingual)</i>	This class for children and parents/caregivers is filled with creative activities to build essential life skills such as focus, self-control and communication.	1-5 yrs.
Leguaje de senas para bebés	Children & Parents <i>(Spanish)</i>	Esta clase esta diseada para ayudarle a comunicarse con su hijo(a) usando sus habilidades naturales mediante seas	6 mos-2 yrs.
Story School	Children & Parents <i>(Bilingual)</i>	This early reading program for kids and parents/caregivers includes sharing stories, music and movement, and activities to do in class and at home. Families receive 20 free books & school supplies. / Un programa gratuito de lectura temprana para niños y adultos. Tenemos tiempo de cuentos, música y movimiento, y actividades en clase y para la casa. Familias reciben 20 libros gratis y artículos escolares.	0-5 yrs.
Stay & Play	Children & Parents <i>(English)</i>	Play is the best avenue for learning! Children 0-5 years of age and their grownups will play and socialize together with a variety of materials selected to enhance all areas of development. We focus specifically on social skills, literacy, and communication.	0-5 yrs.
Understanding Dad	Parents & Caregivers <i>(English)</i>	Dads are important too! They are more than just the "other" parent and are an essential piece in children's growth and development. Come find out why!	0-5 yrs.
Baby Sign 101	Children & Parents <i>(English)</i>	Discover the value of using ASL with your hearing infants and toddlers. Using sign can help parents better communicate and bond with their children as well as build a lifelong love of learning and creativity	1-3 yrs.
Tips on Toilet Training	Parents & Caregivers <i>(Bilingual)</i>	This class focuses on discussion about how to tell if your child is ready to begin the toilet training process and provides lots of ideas and ways to begin that will fun and meaningful to both the parent and child.	2-5 yrs.
Children in Between 1 & 2	<i>Parents & Caregivers (English)</i>	Co-Parenting workshop for families experiencing separation or divorce.	0-5 yrs.
Baby Gym/Gimnasio para bebés	Children & Parents <i>(English & Spanish)</i>	Join us to learn ways to enhance your children's gross motor skills through play and music./Únase a nosotros para aprender maneras de mejorar las habilidades motoras gruesas de sus hijos a través del juego y la música.	4-7 mos and not crawling
Ages and Stages of Infant Development	Parents & Caregivers <i>(Bilingual)</i>	The goal of this class is to increase parents' awareness for appropriate expectations.	0-5 yrs.
Positive Ways to Enhance Brain Development	Parents & Caregivers <i>(Bilingual)</i>	Parents gain an understanding of the developmental changes occurring in the brains of young children and teenagers and techniques parents can utilize to improve that development.	0-5 yrs.
Raising a Confident Child	Parents & Caregivers <i>(Bilingual)</i>	This class focuses on the importance of giving praise to children.	0-5 yrs.
Gardening/Growing Food Jardinería/Cultivo de alimentos	Children & Parents <i>(English & Spanish)</i>	This class is an opportunity for children and parents to learn how to garden and raise plants and herbs that could be eaten later./Esta clase es una oportunidad para que los niños y los padres aprendan a cultivar y cultivar plantas y hierbas que podrían comerse más tarde.	2-5 yrs.
Sensory Exploration/ Exploración sensorial	Children & Parents <i>(English & Spanish)</i>	This class will expose your child to different colors, shapes, patterns, materials and fabrics to feel help them accept so many transitions into this big world fill with experiences./Esta clase expondrá a su hijo a diferentes colores, formas, patrones, materiales y telas para sentir que lo ayudan a aceptar tantas transiciones a este gran mundo lleno de experiencias.	1 - 3 yrs.
Dads and Discipline	Parents & Caregivers <i>(English)</i>	Children don't come with manuals. And for men, we often don't even come to parenting with much experience either. Learn tips and tricks for gaining the cooperation of your children that help build connection and understanding rather than inciting fear through threats.	0-5 yrs.
Breastfeeding 101	Parents & Caregivers <i>(English)</i>	Come join us to learn the basics of breastfeeding which would include positions to hold baby, latch, frequency, how breastfeeding works and reading baby cues for feeding, support during breastfeeding.	Infants
Parenting to Prevent Bullying	Parents & Caregivers <i>(Bilingual)</i>	Bullying is a serious problem to our schools today. Parents learn what to do to help their child deal with bullying and identify key social skills that can prevent young people from becoming victims or bullies.	2-5 yrs.
Developing Family Morals, Values and Rules	Parents & Caregivers <i>(Bilingual)</i>	The focus of this class is for parents to learn the importance of developing family guidelines and linking them to discipline.	0-5 yrs.