

OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 10-11:00 am Fine Arts for Kids</p>	<p>3 10-11:00am Lenguaje de senas para bebes</p>	<p>4 11-12:00 pm Story School</p>	<p>5 10-11:15am Stay & Play with Lela</p>	<p>6</p>	<p>7 10-11:00am Understanding Dad</p>
<p>9 10-11:00 am Fine Arts for Kids</p>	<p>10 10-11:00 am Baby Sign 101 5:30-7:30pm Tips on Toilet Training</p>	<p>11 11-12 pm Story School 5:30-6:30pm Children in Between, part 1</p>	<p>12 10-11:00 am Baby Gym</p>	<p>13 4-6:00 pm Ages & Stages of Infant Development</p>	<p>14</p>
<p>16 10-11 am Fine Arts for Kids 12-2:00pm Positive Ways to Enhance Brain Development</p>	<p>17 </p>	<p>18 11-12 pm Story School 5:30-6:30pm Children in Between, part 2</p>	<p>19 10-11:15 am Stay & Play with Lela</p>	<p>20 9-11:00am Raising a Confident Child</p>	<p>21</p>
<p>23 10-11:00 am Fine Arts for Kids 12-2:00pm Developing Family Morals, Values & Rules</p>	<p>24 10-11:00 am Gardening/ Growing Food</p>	<p>25 11-12:00 pm Story School</p>	<p>26 10-11:00 am Sensory Exploration 5:30-6:30pm 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>Sahuarita FoodBank & Community Resource Center 17750 S. La Cañada Drive Sahuarita, AZ 85629</p>		<p>QR Code scan to register</p>	

*See other side for description of classes.

Activity	Audience	Description	Age Group
Fine Arts for Kids	Children & parents	This class for children and parents/caregivers is filled with creative activities to build essential life skills such as focus, self-control and communication.	0-5 yrs.
Legguaje de senas para bebes	Children & parents	Esta clase esta diseada para ayudarle a comunicarse con su hijo(a) usando sus habilidades naturales mediante seas	6mos-2 yrs.
Story School	Children & parents	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 with Lela	Children & parents	Come join us for story time, play, and a snack! Do some fun activities with other parents and children and walk away with a book!	0-5 yrs.
Understanding Dad	Parents & caregivers	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 in English	Children & parents	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	Children & parents	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	Children & parents	Co-Parenting workshop for families experiencing separation or divorce.	0-5 yrs.
Baby Gym	Children & parents	Join us to learn ways to enhance your children's gross motor skills through play and music	Mobile but not walking
Ages and Stages of Infant Development	Parents & caregivers	The goal of this class is to increase parents' awareness for appropriate expectations.	0-5 yrs.
Positive Ways to Enhance Brain Development	Parents & caregivers	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	This class focuses on the importance of giving praise to children.	0-5 yrs.
Gardening/Growing Food	Children & parents	This class is an opportunity for children and parents to learn how to garden and raise plants and herbs that could be eaten later	2-5 yrs.
Sensory Exploration	Children & parents	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	6mos-3 yrs.
Dads and Discipline	Parents & caregivers	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	Parents & caregivers	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