

Family Resource Center

FEBRUARY 2024 CALENDAR OF FAMILY ACTIVITIES SAHUARITA FAMILY RESOURCE CENTER 17750 S. LA CAÑADA DRIVE SAHUARITA, AZ 85629 (520)771-2372




THURSDAY FEB. 1	10:00 A.M. - 11:15 A.M. 10:00 A.M. - 11:00 A.M.	STAY & PLAY GARDENING DISCOVERY DAYS
FRIDAY FEB. 2	10:00 A.M. - 11:00 A.M. 12:00 P.M. - 1:30 P.M.	BABY SIGN TOO BUILDING FINANCIAL SECURITY SERIES/CLASS#3 OF 4 PAYING OFF DEBT
MONDAY FEB. 5	5:30 P.M. - 7:30 P.M.	TIPS ON TOILET TRAINING
TUESDAY FEB. 6	10:00 A.M. - 11:00 A.M. 5:00 P.M. - 7:00 P.M.	BABY MASSAGE CLASS #5 OF 5 INCREDIBLE YEARS SERIES/CLASS #5 OF 8
WEDNESDAY FEB. 7	10:00 A.M. - 12:00 P.M.	POSITIVE PARENTING SERIES/CLASS #4 OF 4
THURSDAY FEB. 8	10:00 A.M. - 11:00 A.M.	GARDENING DISCOVERY DAYS
FRIDAY FEB. 9	10:00 A.M. - 11:00 A.M. 12:00 P.M. - 1:30 P.M. 4:00 P.M. - 6:00 P.M.	BABY SIGN TOO BUILDING FINANCIAL SECURITY SERIES/CLASS #4 OF 4 CREDIT REPORTS & CREDIT SCORES PARENTING TO PREVENT BULLYING
TUESDAY FEB. 13	5:00 P.M. - 7:00 P.M.	INCREDIBLE YEARS SERIES/CLASS #6 OF 8
THURSDAY FEB. 15	10:00 A.M. - 11:15 A.M. 10:00 A.M. - 11:00 A.M. 5:30 P.M. - 7:30 P.M.	STAY & PLAY GARDENING DISCOVERY DAYS COOPERATIVE CO-PARENTING
FRIDAY FEB. 16	10:00 A.M. - 11:00 A.M.	BABY SIGN TOO
TUESDAY FEB. 20	10:00 A.M. - 12:00 P.M. 5:00 P.M. - 7:00 P.M.	BRAIN WAVES INCREDIBLE YEARS SERIES/CLASS #7 OF 8
WEDNESDAY FEB. 21	10:00 A.M. - 11:00 A.M.	KIDS YOGA
THURSDAY FEB. 22	5:30 P.M. - 7:30 P.M.	COOPERATIVE CO-PARENTING
FRIDAY FEB. 23	10:00 A.M. - 11:00 A.M.	BABY SIGN TOO
SATURDAY FEB. 24	10:00 A.M. - 1:00 P.M.	BOOT CAMP FOR NEW DADS
TUESDAY FEB. 27	10:00 A.M. - 12:00 P.M. 5:00 P.M. - 7:00 P.M.	BRAIN WAVES INCREDIBLE YEARS SERIES/CLASS #8 OF 8
WEDNESDAY FEB. 28	10:00 A.M. - 11:00 A.M.	KIDS YOGA



TO REGISTER
Scan QR code
or online at
pimaparenting.org

ALL ACTIVITIES & CLASSES HELD AT



ACTIVITY	PARTICIPANTS (LANGUAGE OF CLASS)	DESCRIPTION	AGE GROUP
PARENT/CAREGIVER AND CHILD CLASSES		ALL ACTIVITIES, CLASSES, AND WORKSHOPS ARE FREE! TO REGISTER SCAN QR CODE OR ONLINE AT PIMAPARENTING.ORG 	
Stay & Play	Children & Parents (English)	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.
Gardening Discovery Days	Children & Parents (English)	This class connects you and your child with the garden, through hands on activities as you learn where food comes from, learn about nature and make fun nature crafts.	0-5 yrs.
Baby Sign Too	Children & Parents (English)	This is a great opportunity to learn sign language with your little one! Learn how to enhance early communication skills, reduce tantrums, and promote language development with the addition to nurturing your bond and understanding your child's needs.	0-5
Baby Massage <i>(This is a series that has a total of 5 classes)</i>	Children & Parents (Bilingual)	Parents will learn various massage techniques while learning about the advantages of massage therapy for their baby. Please note that parent and baby must both attend this class together.	0-9 mos.
Kids Yoga	Children & Parents (English)	Kids Yoga is an interactive activity for parents and children to connect with each other and their bodies. A great and fun way to improve your child's mobility, and help them learn techniques to manage stress and emotions.	2-5 yrs.
PARENT/CAREGIVER WORKSHOPS/SERIES		ALL ACTIVITIES, CLASSES, AND WORKSHOPS ARE FREE! TO REGISTER SCAN QR CODE OR ONLINE AT PIMAPARENTING.ORG 	
Building Financial Security <i>(This is a series has a total of 4 classes)</i>	Parents & Caregivers (English)	These classes address values around spending, setting goals, and strategies for saving and investing. Class 1: Attitudes, Values, and Beliefs About Money; Class 2: Emergency Savings; Class 3: Paying Off Debt; Class 4: Credit Reports and Credit Scores - (LUNCH WILL BE PROVIDED)	
Tips on Toilet Training	Parents & Caregiver (English)	<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. Esta clase se enfoca en la discusión sobre cómo saber si su hijo está listo para comenzar el proceso de entrenamiento para ir al baño y proporciona muchas ideas y formas de comenzar que serán divertidas y significativas tanto para los padres como para el niño.</i>	2-5 yrs.
The Incredible Years <i>(This is a series has a total of 8 classes)</i>	Parents & Caregivers (English)	This parenting program is designed to strengthen parenting skills and promote children's optimal social, emotional, physical, and academic development. Class 1: Overview of the Program; Class 2: Becoming a Parent Part 1; Class 3: Becoming a Parent Part 2; Class 4: Physical and Visual Stimulation; Class 5: Reading Babies Minds; Class 6: Gaining Support; Class 7: Emerging Sense of Self; Class 8: Graduation	0-9 mos.
Positive Parenting Program <i>(This is a series has a total of 4 classes)</i>	Parents & Caregivers (English)	Participants will learn why children behave the way they do, how to teach new skills and positive behaviors, tools to manage misbehavior and how to plan ahead for high-risk situations. Class 1: Positive Parenting; Class 2: Helping Children Develop; Class 3: Managing Misbehavior; Class 4: Planning Ahead	0-5 yrs.
Parenting to Prevent Bullying	Parents & Caregivers (Bilingual)	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. <i>El acoso escolar es un problema grave para nuestras escuelas hoy en día. Los padres aprenden qué hacer para ayudar a sus hijos a lidiar con el acoso e identificar las habilidades sociales clave que pueden evitar que los jóvenes se conviertan en víctimas o acosadores.</i>	2-5 yrs.
Cooperative Co-Parenting	Parents & Caregivers (English)	Co-Parenting workshop for families experiencing separation or divorce.	0-5 yrs.
Brain Waves	Parents & Caregivers (Bilingual)	This class shares the wonders of how children's brains grow and learn. Parents will increase their knowledge of early brain development; the development of emotions and temperament; and strategies to guide and strengthen young children. <i>Esta clase comparte las maravillas de cómo los cerebros de los niños crecen y aprenden. Los padres aumentarán su conocimiento sobre el desarrollo temprano del cerebro; el desarrollo de las emociones y el temperamento; y estrategias para orientar y fortalecer a los niños pequeños</i>	0-5 yrs.
Boot Camp for New Dads	Parents & Caregivers (English)	Boot Camp is designed for expecting or first-time fathers to gain the skills and confidence he needs to be an involved and active caregiver to his newborn. All participants receive a tactical daddy diaper bag!	