

4/22/24

Strong Families Program Pride Post

<https://www.yuma.org/Strong-Families-Program>

Looking for Mental Health Services for you, your child, or your family?

Join us on **Wednesday, April 24th at 9:00am.** Easter Seals will be at **OC Johnson** to share about what services they offer and how you can qualify.

This workshop is for **parents/guardians only.** No childcare available. We apologize for the inconvenience.

***Any** parent/guardian of **any** student **currently** attending a **YSDI school** is eligible to attend!



LAST GED Class of this school year

- Friday, April 26th
- 9:00am
- Missed it this year? We'll be back next year! And it's always FREE.

LAST CORE Class of this school year

Wednesday, May 1st.

Stay tuned for when we start classes next year!



Amanda Salasibarra

(928)502-7835

asalasibarra@yuma.org

SFP PRIDE POST

What's coming up

There may be only one quarter left in this school year, but it is never too late to come see what we are all about. Want to learn some tips and tricks to better support your student's academic journey? We're here for you.

Next Topics:

How to make bread

This will be a one day class (4/11 at 9am at OCJ) Participants will participate hands on in trying a bread recipe. Seating very limited, must RSVP and receive a confirmation in order to attend.

Preventing Summer Slide

What we don't use, we lose. Don't let your student lose any of the learning they worked so hard for! Learn how to prevent your student sliding backwards so they can start the next school year strong!

Easter Seals Mental Health Services Presentation

Wednesday, April 24th at 9am
In person at OC Johnson

*Any parent/guardian of any YSD1 student is eligible to attend

**No child care available.

“I wasn't sure if the program was really what I was looking for, but it turned out to be exactly what me and my kids needed.”



Behavior Influence spotlight Does your child...

- Have trouble paying attention?
- Experience chronically dry skin?
- Feel very sleepy a lot?
- Or the opposite, seem very hyper a lot?

How balanced is their diet? Elementary aged children should be eating protein, whole grains, fruits, vegetables, and dairy, in appropriate portions, **every day**.

And did you know that the USDA recommends that **everyone** (adults and children) consume **no more than** 50grams of sugar per day?

Fun fact: one can of sprite, or one 20oz gatorade, has approximately 35grams of sugar in it.

SFP PRIDE POST



MARCH 18, 2024

www.yuma.org/strong-families-program

EASTER SEALS PRESENTATION

On April 24th, at 9:00am Easter Seals Foundation will be at OCJ to share about mental health, counseling and support programs available to local individuals and families. Keep your eyes out for a flyer to come out after Spring Break!

“CHECK US OUT” DAY!

Curious about the Strong Families Program? Want to see an SFP class in action but not sure if you want to commit to a long term program? Come check us out on **Wednesday, March 27th at 9:00am**. Our classroom is on OCJ campus, but any parent of any YSDI student is eligible to attend!

BEHAVIOR INFLUENCE SPOTLIGHT

DOES YOUR CHILD...

- Seem to be mad, or have a poor attitude, a lot?
- Complain that they are tired during the day, or struggle to stay awake in the daytime?
- Carry a little extra weight?
- Have trouble connecting with other people?

How much **screen time** and **exercise** do they get? Elementary aged children should have **no more than 2 hours of screen time** and **at least 60 minutes** of vigorous physical activity **every day** (not just PE days).

asalasibarra@yuma.org

928-502-7835

SFP Pride Post

3/4/24

www.yuma.org/Strong-Families-Program

Have a question?

Even if it isn't about the SFP, we're a great place to start for any question!

Strong Families
Program Coordinator

Amanda Salasibarra

(928)502-7835

asalasibarra@yuma.org

Behavior influence spotlight **Does your student...**

- Hate getting up for school in the morning?
- Get cranky when they get home from school?
- Struggle to remember things, even things they already know?
- Get lower grades than you think they should?
- Give you attitude when it's time to do chores or go outside?

How much sleep do they get? Elementary age children should be getting 10 hours of sleep every night. (Actual sleep, not just in their beds, and not just on school nights.)

Program Field Trip

Our participants took a Field Trip to the Children's Museum of Yuma County last week! We got to hear about the history of the museum, why it was important for Yuma County to have one, and we got to see all the exhibits!



2.20.24

STRONG FAMILIES PROGRAM PRIDE POST



ARIZONA CHILDREN'S ASSOCIATION THE FIRST 5 YEARS

- Your child's development and growing brain
- Preventing tantrums and other problems
- Using mindfulness to keep calm
- Six ways to prepare your child for school success and beyond.

**4 WEEKS, 1 DAY A WEEK
MARCH 7, 14, 21, & 28
9:00-11:00AM**

OC JOHNSON 1201 W 12TH ST

***Recommended for parents of students grade 3 or younger.**

**FOR QUESTIONS OR TO
REGISTER FOR A CLASS:
AMANDA SALASIBARRA
(928)502-7835
ASALASIBARRA@YUMA.ORG**

SFP: CORE GROUP TOPICS

4 sneaky influences on behavior

There are 4 things that we all use or encounter every day, and they have HUGE influences on our behavior. Us AND our children. Are you making healthy choices about these 4 things? Join us to learn more!

**TUESDAYS-THURSDAYS
9:00-11:00AM**

DID YOU KNOW...

You can participate in any part of the Strong Families Program no matter what school your student goes to?! As long as it is a YSD1 school, you are eligible.

Our door is always open.

And it is always FREE!

**LOOKING FOR MORE INFO? CHECK OUT
OUR WEBSITE:**

WWW.YUMA.ORG/STRONG-FAMILIES-PROGRAM

SFP PRIDE POST



Whole person, whole family support

The food on your table, how you act when something unexpected happens, the words you use to talk about yourself and others around you all have a huge influence on what your children think about themselves, how well they do in school, and how they will act as teens and adults.

The SFP is here to support you and your whole family in creating healthy atmospheres, healthy thoughts, and have a little fun while we do it.

Did you know

- ✓ We also teach skills that can help you in your job search?
- ✓ And not just positions in the school district: Our participants have gotten jobs in trucking, beauty, medical, legal, and other industries.

COMING UP

FREE GED CLASS

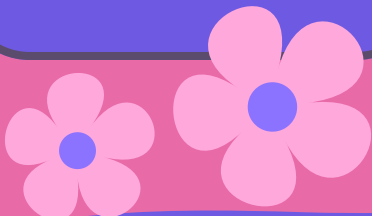
FRIDAYS (9:00-11:00AM)
ADVANCED MATH STARTS 2/9
Start anytime! There is no registration cut off date.

CORE GROUP

TUE-THU (9:00-11:00AM)
COOKING, BUDGET, PACT
TIME, PRIZES, & MORE!

COMMUNITY PRESENTATIONS

- College of Health Careers
- Arizona Children's Association



SFP PRIDE POST

COMING UP - IN OUR CORE GROUP

Our Core Group gets together 3 days a week. We learn about a variety of topics, share advice, spend time in the classroom with our students, and lots more. Coming up, we have:

- Budget- Fluctuating bills, seasonal income, saving long and short term, false sales, etc.
- 4 Sneaky influences on a child's behavior- These are 4 things that every child experiences during the day and could have a huge impact on their behavior without us even being aware of it.

WORKSHOPS

Sometimes we partner with local organizations to bring workshops to our community. Coming up we have:

- AZ @ Work - Presenting about job training and education opportunities. If you are looking to change jobs or get a job you won't want to miss this one.
- Regional Center for Border Health College of Health Careers - Presenting about what careers in the health field look like, what the training is like, and what programs are available to help pay for them!

CONTACT

Amanda Salasibarra (928)502-7835
Strong Families asalasibarra@yuma.org
Program Coordinator 1201 W 12th St Yuma AZ 85364

DID YOU KNOW...

Aunts, uncles, grandmas, and grandpas can attend our program too? Any adult guardian/caregiver of a YSD1 student is eligible to attend. Contact Amanda Salasibarra for details.

STRONG FAMILIES PROGRAM (SFP) PRIDE POST

The key to getting a different result, is trying a different tactic.

Meaning: If you want to **see** something different, you have to **try** something different.

The SFP is here to help you get to that something different, achieve that goal!



What's coming up this month

- 1 Around the Table: Nourishing Families (a.k.a. The Cooking Class) {Free, all materials and ingredients provided}
- 2 A new GED section (we just finished Social Studies)
- 3 AZ @ Work Education Opportunities and Job Placement Presentation
- 4 Parent & Child Together Time in the student's classroom.



- All SFP Classes & Workshops take place in person at OC Johnson.
- Any parents/guardians of any YSD1 student are eligible to attend.
- Spaces limited, RSVP required

Point of contact: Amanda Salasibarra
(928)502-7835 or asalasibarra@yuma.org

SFP PRIDE POST

11/28/2023

WWW.YUMA.ORG/STRONG-FAMILIES-PROGRAM



UPCOMING GUEST SPEAKERS, TOPICS, & WORKSHOPS

- ALL THINGS BUDGET
- YUMA COUNTY HEALTH: COOKING (ALL INGREDIENTS & MATERIALS PROVIDED!)
- AZ @ WORK: FREE EDUCATION OPPORTUNITIES
- 4 SNEAKY INFLUENCES ON BEHAVIOR

WE TOOK A TRIP TO THE LIBRARY!

DID YOU KNOW THE LIBRARY HAS SCIENCE KITS WITH ALL THE MATERIALS INCLUDED? OR THAT YOU CAN "CHECK OUT" 2 FREE TICKETS TO LOCAL MUSEUMS? OR THAT THEY HAVE AN AUTOMATIC BOOK SORTING MACHINE THAT SORTS YOUR RETURNS ALL BY ITSELF?! ALMOST ALL SERVICES AT THE LIBRARY ARE FREE, STOP BY TO SEE WHAT IS AVAILABLE.

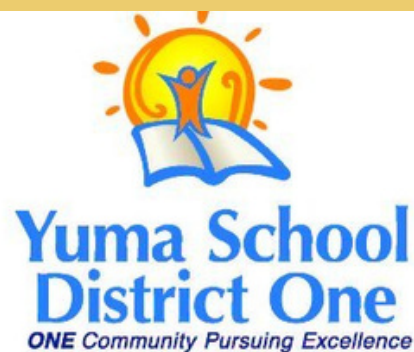


WHO & WHERE?

ANY PARENT/GUARDIAN OF ANY STUDENT ENROLLED AT ANY YSDI SCHOOL.

ALL SFP CLASSES & WORKSHOPS TAKE PLACE IN PERSON AT OC JOHNSON.

POC: AMANDA SALASIBARRA (928)502-7835 OR ASALASIBARRA@YUMA.ORG





Strong Families Program



PRIDE POST

www.yuma.org/strong-families-program

November 6th, 2023

CONGRATULATIONS!

Here in the SFP we take attendance seriously. So seriously that parents enrolled in our program earn rewards for consistent attendance and steady involvement!

Congratulations to Brielle, Alondra, Perla, & Aneth for earning the first pieces of their at home "Book Nook". And congrats to Dulce for earning her Level 3 reward, a Build-a-Fort Kit!

WHAT WE HAVE TALKED ABOUT SO FAR THIS YEAR

- Successful me vs what I think of myself right now
- 5 Components of learning to read
- Communication styles & techniques
- How to read a report card
- The real effect of absences & tardies



UPCOMING PARENT FIELD TRIPS

- November: Yuma County Main Library Behind the Scenes
- December: Yuma Community Food Bank

UPCOMING TOPICS

- Effect of shared experiences
- Grit & growth mindset
- All things budget!



CONTACT

Amanda Salasibarra
(928)502-7835
asalasibarra@yuma.org

LENDING LIBRARY

Did you know...

The SFP has a lending library that Core Participants can use? That's right! Parents enrolled in our Core Group have the opportunity to check out things such as:

- BrainQuest Decks
- The 5 Love Languages of Children
- Photographic Flash Cards for Learning Language
- Laptops & iPads

* Adults are financially responsible for the items checked out from the SFP lending library.

** Lending Library only available to the parents/guardians enrolled and actively attending the SFP Core Group.



SFP Pride Post

(928)502-7835 asalasibarra@yuma.org
www.yuma.org/strong-families-program

The Strong Families Program is more than just workshops...

We also have a group of "Core Participants" that learn about communication, the 4 sneaky influences on children's behavior, how to help their student with homework, and lots more. These Core Participants also get to participate in **Parent & Child Together Time** every week, in their child's classroom. Interested? Ask me how you can be a part of our Core Group!



Home-Buying 101

Two class times available!

RSVP REQUIRED.

- Nov. 7th at 9am
- Nov. 14th at 5pm



How to write a Resumé

This will be a 3 week, one day a week workshop. No prior resumé or work history required.

- Nov 6, 13, & 27 (9-11am)

RSVP REQUIRED



NOTICE: The SFP After-School Session scheduled for Oct 25th was cancelled due to low registration.