

University of Family Learning (UFL) Course Catalog 2022-2023

The **University of Family Learning (UFL)** is an invitation for adult family members of current and future CCSD students to access valuable educational information and networking opportunities that will increase both family and student success. Family and community members are invited to participate in a variety of courses and workshops in four focus areas. Every UFL course or workshop offers credit for hours of participation. Participants who meet the yearly goal of fifty (50) credit hours are recognized at an end-of-year "Ceremony of Achievement."

Scheduling: At this time, classes in the course catalog can be held in a variety of formats, including in-person, via live virtual session, and/or via pre-recorded content. For details on a specific class or to schedule a course, please contact your assigned staff member listed on page 2. If no contact is listed, please email familyengagement@nv.ccsd.net and we will route your request to the appropriate staff member.

Please be advised that a school/organization staff member **must** be present during sessions to assist with any site-specific questions that may arise. At this time, the majority of courses can be offered in English and Spanish.

Once scheduled, Family Engagement staff can create a registration form for participants to pre-register if desired. Marketing flyers will be shared with the school/organization for promotion and advertising. Please work with your Family Engagement contact for any additional needs specific to your school/organization.

If you have a different scheduling request, please let your assigned contact know.

Focus Areas: (Please click on the area below to be directed to that section of the catalog.)

- [Parents as Teaching Partners](#)
- [Navigating the School System](#)
- [Involvement, Leadership, and Advocacy](#)
- [Promoting Wellness and Development](#)



**Please note: To ensure that we are able to provide services equitably to all schools, we are available to schedule 1 Family Engagement taught workshop and 1 community partner workshop per month at any given school. Additionally, schools may schedule up to 3 early childhood workshops per academic year.*

Family Engagement Contact Information






Name:

Position:








Email:







Phone Number:




Catalog Symbols

	New Course - This course is a new addition to our course catalog for the 2022-2023 school year.
	Pre-Recorded Video – This course is available as a pre-recorded video on our website. Scan this QR Code to access the videos. We encourage schools to have a licensed staff member present to facilitate interactive discussion. 
	After School - This course is suitable to be scheduled after school for parents and secondary students to participate in <u>together</u> .
	Series - This class is a series scheduled over multiple weeks. Participants are expected to attend all sessions.
Course Availability	The courses that are available <i>in-person, virtually, or both</i> are marked accordingly in the "Course Length" column.






Parents as Teaching Partners





<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
524  	Build a Garden Bot! <i>Available at 4 locations per year. Inquire for availability.</i> <i>Maximum capacity of 25 families. Pre-registration is required.</i>	STEMbotics Learning Center	This course is designed to provide families with the opportunity to build and program/code a robot. Participants will use the EV3 Lego robot to build a garden bot that will pick weeds from a garden. We hope that the hands-on creativity inspires families to start their own community gardens in their neighborhoods.	Families with students in Grades 3-12 (Adults and children attend class together)	1-hour session <i>(in-person; available at 3:30 p.m. or later)</i>
109bV	Conversations in the Kitchen: Enriching Family Communication	CCSD Family Engagement Department	Research shows eating family meals together is one of the best ways to improve a child's social-emotional and academic success. Participants will learn how to make the most of their time together by engaging in meaningful conversations around mealtimes.	Families with students in Grades PK-12	Pre-recorded video available 
109MH 	Growth Mindset: Stretch Your Thinking!	CCSD Family Engagement Department	"I will never be good at math. I am not going to get in advanced classes!" Does your child avoid challenges or get discouraged at the first obstacle they encounter? Understanding fixed and growth mindsets will help families guide a child's beliefs about their ability and their desire to persevere when things get tough in all areas of life.	Families with students in Grades 6-12	1-hour session <i>(in-person)</i>
514	Help Your Child to Focus on Learning <i>(This training is geared toward families with children with all disabilities.)</i>	Nevada PEP	Do you find that homework and other tasks can be challenging for your child to complete? Learn about the difficulties children have with focusing, their different learning styles, and strategies that can help you help your child focus better.	Families with students in Grades PK-8 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i> Pre-recorded video available 
517  	How Do Solar Panels Work? <i>This workshop must be done outdoors in a sunny location. Maximum capacity of 25-30 participants.</i>	UNLV Tech Trekker	Have you ever wondered how solar panels work and what applications they can be applied to? Join us for the opportunity to see demonstrations of solar panels at work and even have the chance to assemble one as a family!	Families with students in Grades 3-8 (Adults and children attend together)	45-60 minute session <i>(in-person)</i>




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523	How is My Child Reading? <i>(This training is geared toward families with children with all disabilities.)</i>	Nevada PEP	This workshop focuses on helping participants understand terms that are used when discussing reading and writing. Learning the building blocks of literacy will give parents the confidence to discuss reading scores with school staff. Don't miss this workshop full of valuable information on how students learn to read and write.	Families with students in Grades PK-8 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i> Pre-recorded video available 
532MH 	Lifelong Reading with myOn <i>If scheduled in a computer lab, families can login to navigate myOn during the workshop.</i>	Renaissance	In this workshop families will learn about myOn – a virtual library that helps find just-right books and a fun reading experience for all students! We will log in, use the book reader and literacy tools. Also, learn how students can see their progress and read offline using the free mobile app. We'll even see how myOn supports bilingual families!	Families with students in Grades 6-12	45-minute session <i>(virtual OR in-person)</i> Pre-recorded video available 
342V	MAP Growth Assessment Measure of Academic Progress	CCSD Assessment, Accountability, Research, and School Improvement Division (AARSI)	In these videos, parents/guardians will learn more about the Measure of Academic Progress (MAP) Growth Assessment and how to successfully support their students. It will cover in background information on the MAP Growth Assessment, how to interpret your child's scores, and ways to use the data to increase growth and achievement. <ul style="list-style-type: none"> • Video 1: Getting Ready for MAP Testing Day • Video 2: What to Do on MAP Testing Day • Video 3: MAP Accelerator for Families • Video 4: Understanding the MAP Growth Family Report • 	Families with students in Grades 3-8	Pre-recorded video available 
140V	Online Resources for Secondary Students	CCSD Family Engagement Department	Having a student in middle or high school means a lot more independent work for your child, and sometimes students and families feel lost on where to turn for guidance. This video will explore many online resources in all curricular areas that have been tested by teachers in CCSD and can help your child when completing their assignments.	Families with students in Grades 6-12	Pre-recorded video available 
509 	Paper Tutoring Service	Paper	Join us for a short overview of the FREE tutoring service available to all CCSD students through their Clever account. Tutoring is available 24/7 online to all grade levels in more than 4 languages. This overview will show parents what services are available and how to access them.	Adult family members of CCSD students	15-minute session <i>(virtual OR in-person)</i>



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433	Parenting for School Success	Boys Town	Prepare your child for a successful school experience! Every parent knows getting children back into their school schedule, study habits, and routine can be difficult. How can you set your children up for success at home, in school, and in the community? This class will show you how to improve academic involvement and misbehaviors.	Families with students in Grades PK-12 <i>(Adults only)</i>	6 weekly 2-hour sessions <i>(virtual OR in-person)</i> <i>**must attend all sessions</i> 
576H 	Preventing Summer Melt (High School) <i>Coming Spring 2023</i>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation helps parents understand the facts around summer learning loss, how their students might be impacted by summer learning loss, and what can be done to prevent summer learning loss in high school students.	Families with students in Grades 9-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
576M 	Preventing Summer Melt (Middle School) <i>Coming Spring 2023</i>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation helps parents understand the facts around summer learning loss, how their students might be impacted by summer learning loss, and what can be done to prevent summer learning loss in middle school students.	Families with students in Grades 6-8 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>


Navigating the School System


<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
525	Achieve3000 Literacy Parent Overview	Achieve3000	This short video will give parents an overview of the <i>Achieve3000 Literacy</i> solution. This program allows students to get content at their just-right reading level, which promotes acceleration of reading skills. Learn how students can take advantage of this amazing tool to improve reading and comprehension.	Families with students in Grades 2-12	Pre-recorded video available 
526	Achieve3000 Math Parent Overview	Achieve3000	This short video will give parents an overview of the <i>Achieve3000 Math</i> solution. This program provides students with explicit practice with skills they are learning in the classroom. When students struggle with a problem the instruction is broken down for them through a series of scaffolds to support a deeper understanding of mathematical concepts and relationships.	Families with students in Grades 9-12	Pre-recorded video available 
527	Actively Learn Parent Overview	Achieve3000	This short overview will give parents a better understanding of how the <i>Actively Learn</i> program works to help students develop critical thinking skills, using a variety of content designed to support teacher instruction. This program engages students in the content and also sparks classroom discussions.	Families with students in Grades 3-12	Pre-recorded video available 
503 	Ask the PEP Advocate! An Interactive Discussion for Families	Nevada PEP	Join us to receive information and ask question on important school topics. Administrators can select from the following topics for their families: <ul style="list-style-type: none"> • School communication • Special education transportation • 504/IEP accommodations • Understanding school progress reports • Encouraging positive student behavior 	Families with students in Grades PK-12 <i>(Adults only)</i>	45-minute session <i>(virtual OR in-person)</i>
103	Attendance Matters Gameshow	CCSD Family Engagement Department	Attendance is a vital clue about which students may need extra support and how well educational programs are operating. You are cordially invited to a fun game-based virtual workshop regarding the impact and importance of daily school attendance.	Families with children in Grades 6-12	45-minute session <i>(in-person)</i> Pre-recorded video available 

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132V	Canvas Learning Management System (LMS)	CCSD Family Engagement Department	This video series provides families an introduction to Canvas LMS, including how to register for an account and view student assignment details and grades. <ul style="list-style-type: none"> • Video 1: What is Canvas? An Introduction for Parents • Video 2: Canvas Observer – Account Registration & Student Pairing • Video 3: Canvas Observer – Canvas Parent App • Video 4: Canvas Overview for Observers 	Families with students in Grades PK-12	Pre-recorded video available 
501 	Choosing the Right School for Your Children <i>Only offered in Spanish.</i>	Opportunity 180 and Parent Leadership Team	This course provides parents tools to find and identify the most appropriate school to support the needs of their children. Each child learns differently and has individual tastes and abilities. Additionally, some children need specialized help or programs to help them develop their potential.	Families with students in Grades PK-12 <i>(Adults only)</i>	4 weekly 1-hour sessions <i>(virtual OR in-person)</i> 
133V	Chromebook Basics for Families	CCSD Family Engagement Department	This video will provide parents and students an introduction with Chromebook basics (connecting to Wi-Fi, logging in, caring for Chromebook, and GoGuardian).	Families with students in Grades PK-12	Pre-recorded video available 
578	College Lingo: Talk the Talk	University of Nevada, Las Vegas (UNLV) Early Outreach	Colleges and other higher-education-related organizations are notorious for using complicated terminology (or even just complicated phrasing). This presentation addresses widely-used vocabulary related to higher education in the following areas: admissions, college classes, and financial aid.	Families with students in Grades 9-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
574H	College Prep Tips for the High School Parent	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation provides early high school parents tips on how to: (1) facilitate conversations with their high schooler about the college admissions process, (2) make college more affordable for their student, (3) help their student select classes colleges care about, (4) help their student determine if dual enrollment is right for them, (5) encourage their student to think ahead about college entrance tests, and (6) allow their student to picture themselves on a college campus.	Families with students in Grades 9-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
574M	College Prep Tips for the Middle School Parent	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation provides middle school parents tips on how to (1) facilitate college and career conversations with their middle schooler, (2) make college more affordable for their student, (3) help their student select classes colleges care about, (4) utilize strategies to help their student prepare for standardized tests, and (5) allow their student to picture themselves on a college campus.	Families with students in Grades 6-8 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>





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100	Family Engagement Department Overview	CCSD Family Engagement Department	Join us for a short overview of the services and support available to families through the CCSD Family Engagement Department.	Adult family members of CCSD students	15-minute session <i>(virtual OR in-person)</i>
136V	Google Meet Basics for Families	CCSD Family Engagement Department	This video will provide parents/guardians and students with the basics on how to use Google Meet.	Families with students in Grades PK-12	Pre-recorded video available 
138V	How to Login to Clever	CCSD Family Engagement Department	This instructional video explains how students, their families, teachers, and administrators can login to the Clever Portal to access all their online learning resources.	Families with students in Grades PK-12	Pre-recorded video available 
536	How to Pay for College	UNLV/CAEO TRIO Educational Opportunity Center	Individuals will learn of the different ways to pay for colleges, such as subsidized loans, unsubsidized loans, scholarships, and grants. We will review the FAFSA (Free Application for Federal Student Aid) and Federal Pell Grant, as well as review how to set up a financial aid account for students and parents.	Families with students in Grades 9-12 (Adults and children may attend class together)	30-45 minute session <i>(in-person)</i>
304	Insight to Graduation: On the Path to Graduation	CCSD Family Engagement Department	This session will inform families on CCSD enrollment options for secondary students, graduation requirements, diploma types, and tips for preparing for college or career.	Families with students in Grades 6-12	45-minute session <i>(in-person)</i>
304V	Insight into Graduation Video Series	CCSD Family Engagement Department in partnership with CCSD Guidance and Counseling	This video series guides parents through CCSD enrollment options for secondary students, graduation requirements, diploma types, and tips for preparing for college or career. <ul style="list-style-type: none"> • Video 1: Graduation Requirements & Diploma Types • Video 2: Enrollment Options for Secondary Students • Video 3: Getting Ready for College or Career • Video 4: Staying on Track – Progress Monitoring Your Child's Path to Graduation 	Families with students in Grades 6-12	Pre-recorded video available 




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508	Introduction to the IEP Process <i>(This training is geared toward families with children with all disabilities.)</i>	Nevada PEP	Parents are the key members to their child's IEP team. This workshop includes an introductory look at the Individualized Educational Program (IEP) process, including how to use evaluations to write measurable goals, as well as strategies to help parents become more active participants in their child's IEP meetings.	Families with students in Grades PK-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i> Pre-recorded video available 
581	It's Never Too Early to Save for College	SSGA UPromise 529 College Savings Program & NVigate	College may be expensive, but if you plan ahead, it won't be out of reach. This course helps parents/guardians understand the importance of saving for college. Although it's never too late, the earlier you start, the better. Parents will learn: <ul style="list-style-type: none"> • What's the real cost of college? • What is a 529 college savings account? • Why should I save now, instead of my kid borrowing later? • Other ways to save with the help of NVigate – College Savings division of NV State Treasurer's Office. 	Families with children ages zero-five; Families with students in Grades PK-12	30-45 minute session <i>(virtual OR in-person)</i>
104	Navigating Infinite Campus Parent Portal	CCSD Family Engagement Department	This learning session is designed to support families as they navigate CCSD's web-based information system. Participants will learn valuable information on how to monitor their child's progress in school and access important records.	Families with students in Grades 6-12	45-minute session <i>(in-person)</i>
104V	Navigating Infinite Campus Parent Portal Video Series	CCSD Family Engagement Department	This video series is designed to support families as they navigate the Clark County School District's web-based information system. The series includes: <ul style="list-style-type: none"> • Video 1: Logging in and Updating Contact Information • Video 2: Checking Grades and Finding School Contact Information • Video 3: Online Registration for the 22-23 School Year • Video 4: Accessing Your Child's Progress Documents 	Families with students in Grades PK-12	Pre-recorded video available 
328	Ready to Grow? Exploring CCSD Magnet Schools	CCSD Magnet Schools	Parents will learn about the Elementary, Middle, and High School Magnet programs that CCSD offers. By participating in one of these programs, students can personalize their educational experience and GROW!	Families with students in Grades PK-12	45-minute session <i>(virtual OR in-person)</i>

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513	Restorative Practices in School: What Parents Need to Know <i>(This training is geared toward families with children with all disabilities.)</i>	Nevada PEP	Changes are coming to Nevada on how your child's school will respond when children break the rules. In the past, progressive discipline was used, and children were often suspended. Nevada has passed laws in 2019 and 2021 so that children will be given an opportunity to learn how their behavior affects others, accept responsibility, and take steps towards making things right. Join us as we learn about this shift to build relationships that will keep children in school and support student learning.	Families with students in Grades 3-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
577M	Soft Skills for Success (Middle School)	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation addresses non-academic skills children need to succeed in high school, college, and beyond. Middle school is the perfect time for parents to help their child develop and refine the following soft skills: communication, conflict resolution, self-regulation, and perspective-taking. Having good soft skills serves students at all stages of life – in school, at home, and in their future careers.	Families with students in Grades 6-8	1-hour session <i>(virtual OR in-person)</i>
579	The Inside Scoop on College Admissions	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation addresses the following aspects of the college admissions process from the perspective of UNLV admission staff: (1) high school course selection, (2) college admission models, (3) soft skills that help your student stand out, including tips on talking with a reluctant student, and (4) the importance of extracurricular activities and why they matter.	Families with students in Grades 9-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
573M	The Truth About College (Middle School)	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation addresses the reality of the following common misconceptions about college: (1) I can't afford to send my student to college, (2) I have time before my student needs to think about college, (3) a college degree isn't worth it anymore, (4) my student is not college-bound, and (5) I can't talk to my student about college - I didn't go.	Families with students in Grades 6-8	1-hour session <i>(virtual OR in-person)</i>
117	Transitions in Education: Preparing for High School	CCSD Family Engagement Department	In this workshop, we will explore some of the major changes academic and personal changes that students may encounter in high school, and how parents or caregivers can support their children during this challenging time.	Families with students in Grade 6-10	45-minute session <i>(in-person)</i> Pre-recorded video available 







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119	Transitions in Education: Thriving in Middle School	CCSD Family Engagement Department	In this workshop, we will explore some of the major changes that students may encounter in middle school and how parents or caregivers can support their children during this challenging time.	Families with students in Grades 5-8	45-minute session <i>(in-person)</i> Pre-recorded video available 



Involvement, Leadership, and Advocacy





<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
518	Advocacy 101: Speaking Up for Your Family and Community	Prevent Child Abuse Nevada at NICRP	Learn the basics of what advocacy and discover how this process can help you achieve a better outcome for you, your family, and your community.	Families with children ages zero-five or in Grades PK-12	1.5-hour session <i>(virtual OR in-person)</i>
558 	Be Brave – Bullying Prevention At Home	Nevada Child Seekers	Bullying prevention begins at home. This course will give parents the tools to know how to recognize if their child is a bully or being bullied, and provide information on what to do about it including how to save the evidence and work with school administration to solve the problem.	Families with students in Grades PK-12 (Adults and children may attend the class together)	1-hour session <i>(virtual OR in-person)</i>
502	Bullies, Targets and Bystanders: Responses That Work <i>(This training is geared toward families with children with all disabilities.)</i>	Nevada PEP	While bullying doesn't always leave bruises or broken bones, it can leave deep emotional scars that last a lifetime. Bullying is a serious issue that occurs throughout our school every day and, without intervention, bullying can lead to serious academic, social, emotional, and legal problems. Don't miss this class full of responses to bullying that actually work.	Families with students in Grades PK-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
512 	Cultural Competence & Cultural Humility	Solutions of Change	In this workshop you will learn the definitions of cultural humility and cultural competency and the importance of both topics. We will participate in role playing exercises and learn ways you can practice both topics at home and within your environment.	Adult family members of CCSD students	1-hour sessions <i>(virtual OR in-person)</i>
556 	Human Trafficking Awareness	Nevada Child Seekers	Las Vegas is a 24-hour entertainment and tourist based city with international airports and dangerous streets, making our city an unfortunate hub for modern day slavery. In this course, attendees will learn the myths and the truth regarding human trafficking, learn how to recognize trafficking when they see it, and discuss the potential risk factors that may put our children at risk.	Families with students in Grades PK-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
553 	NetSmartz: Internet Safety	Nevada Child Seekers	Nevada Child Seekers provides vital information to parents regarding online predators, personal information, dangerous apps, and more – all to give parents the tools to keep their children and themselves safe online.	Families with students in Grades PK-12 (Adults and children may attend the class together)	1-hour session <i>(virtual OR in-person)</i>







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128	Raising a Digital Leader	CCSD Family Engagement Department	This workshop provides information on how to keep children safe while using the internet. Learn how to be a positive Digital Leader, set boundaries and rules, and how to avoid common internet scams. Families will also review CCSD's internet usage rules and regulations.	Families with students in Grades 6-12	45-minute session <i>(in-person)</i>
555  	Runaway Teenz: Runaway Prevention	Nevada Child Seekers	A majority of Las Vegas missing children cases are due to children running away from home. Las Vegas city streets put runaway children at a higher risk of falling into substance abuse issues, human trafficking, homelessness, and more. This course walks through the steps to take to prevent teens from running away from home and what to do if that ever occurs.	Families with students in Grades 6-12 (Adults and children may attend the class together)	1-hour session <i>(virtual OR in-person)</i>
580 	Student Athlete Gambling Awareness Program	Nevada Council on Problem Gambling	Is your student on an athletic path? College sports in the future? This course covers NCAA rules for gambling and helps you to understand the challenges that a young athlete may face when it comes to accepted behavior and collegiate sports. There are a number of real world cases of athletes being penalized for gambling behavior that the athlete may have never known about or realized.	Families with students in Grades 6-12 (Adults and students may attend together)	1.5-hour session <i>(virtual OR in-person)</i>
572	Six Advocacy Skills that Turn NOs into YESs <i>(This training is geared toward families with children with all disabilities.)</i>	Nevada PEP	Are you tired of being told "No"? You are the expert on your child, and you know what your child needs. Learn how to get it with these six amazing advocacy strategies.	Families with students in Grades PK-12 <i>(Adults only)</i>	45-minute session <i>(virtual OR in-person)</i>
101	Volunteer and Learn <i>Ongoing at the Family Engagement Centers (FECs)</i>	CCSD Family Engagement Department	Join us at our Family Engagement Centers for an opportunity to volunteer while simultaneously learning effective strategies to support your students academically at home.	Adult family members of CCSD students	1-hour sessions <i>(in-person)</i>







Promoting Wellness and Development




<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
325	Active & Healthy Living	CCSD Safe Routes to Schools	Learn about the events the Safe Routes to School (SRTS) program facilitates to encourage students and families to be physically active. This course covers how to plan for SRTS special events and programs to boost physical activity and academic achievement. The program allows individuals to take an active leadership role at their school to improve the overall well-being of our students and community members.	Families with students in Grades PK-12 (Adults and children may attend class together)	1 hour session <i>(virtual OR in-person)</i> Pre-recorded video available 
408 	A Guide to Social Emotional Learning	UNR Extension Partners in Parenting	This workshop is designed to introduce parents/caregivers to the keys of social emotional learning (SEL). SEL is beneficial for children of all ages and can help children develop and maintain positive relationships, become life-long learners, and contribute to a caring society. An SEL activity for parents and children will also be included.	Families with students in Grades 6-12 (Adults and children may attend class together)	1-hour session <i>(virtual OR in-person)</i>
305  	Art is Healing!	Ekuwah Mends Moses, Author	Are you or your children having difficulties adjusting to life events, such as health changes, divorce, moving, or the death of a loved one? CCSD educator and author Ekuwah Mends Moses will engage families in the creative arts and share helpful community resources for dealing with grief or loss. She will also sign and give away several free copies of her nonfiction picture books!	Families with students in Grades PK-12 (Adults and children may attend the class together)	1-hour session <i>(virtual OR in-person)</i> <i>Available after 4:30 pm or on weekends.</i>
417 	Bridging the Gap with Teen Triple P <i>Maximum capacity of 15 families. Pre-registration is required.</i>	Clark County DFS Parenting Project	This program is designed to assist families with youth struggling to navigate their education environment effectively. Parents and caregivers will be empowered with parenting strategies that will help bridge the gap between the home and school environments. The format is 4 2-hour group sessions and 4 one-on-one individual phone call where parents work on implementing their own identified goals and strategies.	Families with students in Grades 6-12 <i>(Adults only)</i>	4 weekly 2-hour sessions <i>(in-person)</i> AND 4 one-on-one phone call sessions 

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519	Choose Your Partner and Caregiver Carefully	Prevent Child Abuse Nevada at NICRP	The purpose of this course is to provide information on how to carefully select safe caregivers for children including identifying warning signs and behaviors in potential significant others, babysitters, or other individuals that may care for children.	Families with children ages zero-five or in Grades PK-12	1.5-hour session <i>(virtual OR in-person)</i>
 511	CPR/AED/First Aid Training <i>Available ONLY at the Family Engagement Centers (FECs)</i>	CPR Saves	This course reviews the basics of CPR, AED, and First Aid training, including video examples and skills-practice throughout the session. <i>There is an optional cost for families to receive their CPR license if desired.</i>	Adult family members of CCSD students	1.5-hour session <i>(in-person)</i>
406	Eating Smart, Being Active	University of Nevada, Reno Extension Services	Join the Expanded Food and Nutrition Education Program (EFNEP)/Eating Smart and Being Active classes and learn how to save money and eat healthy! Our eight-lesson class series will teach you to: <ul style="list-style-type: none"> • Save money and plan tasty, healthy meals for your family. • Prepare new recipes and eat more meals at home. • New ways to enjoy fruits and vegetables. • Control portion sizes. • Prepare and store food safely and prevent waste. • Prepare nutritious and delicious recipes. • Be more physically active with your children. 	Adult family members of CCSD students	1.5-hour sessions 2 times a week for 4 weeks <i>(virtual OR in-person)</i>
201a	English for Adults <i>Ongoing at the Family Engagement Centers (FECs)</i>	CCSD Family Engagement Department	This ongoing course introduces adults to basic structures and vocabulary of the English language through the skills of reading, writing, speaking and listening. Participants learn strategies in order to advance their reading, listening and pronunciation skills. This workshop changes each session and varies weekly at each Family Engagement Center. Free Rosetta Stone licenses are available to participants for additional personalized online learning!	Adult family members of CCSD students	45 min -1 hour session
510	Enough Abuse: Strategies for Your Family and Community	Signs of Hope	The Enough Abuse Campaign offers educational information to parents, youth, professionals, and other concerned adults to prevent people from victimizing children and youth today and to prevent children from developing abusive behaviors in the future. This workshop covers understanding the issue of child sexual abuse, including the conditions that support it and how to prevent it.	Adults family members and caregivers of CCSD students <i>(Adults ONLY due to sensitive material)</i>	1.5 - 2-hour session <i>(virtual OR in-person)</i>
 337	Feeding Clark County School District	CCSD Food Service	Do you ever wonder what goes into choosing what ends up on the school menu? Come have a conversation and find out with Clark County School District's Menu Planner and Dietitian.	Adults family members of CCSD students	30 minute session <i>(virtual OR in-person)</i>

<u>Course Number</u>	<u>Course Name</u>	<u>Presenter</u>	<u>Course Description</u>	<u>Target Audience</u>	<u>Course Length</u>
431	Getting Teenagers Connected	Clark County DFS Parenting Project	In the seminar, parents are introduced to ways of encouraging teenagers to develop supportive friendships, to engage in appropriate social activities and to be confident, plan ahead, and meet their commitments.	Families with students in Grades 6-12 <i>(Adults only)</i>	2-hour session <i>(in-person)</i>
538	Identifying Depression, Anxiety, and Trauma in Children and Adolescents	Family and Child Treatment of Southern Nevada	This course helps parents understand and identify signs and potential indicators of depression, anxiety, ADHD, and trauma in children and adolescents. The class reviews the difference between adults and children regarding mental health, as well as suggestions and tips for how parents can respond to and help if they suspect their child is struggling.	Families with students in Grades PK-12 <i>(Adults only)</i>	45-minute – 1-hour session <i>(in-person)</i>
540	Importance of Oral Health	Liberty Dental Plan	Oral health is vital to overall health. The mouth is the window to the whole body. Having good oral hygiene and healthy nutrition is important. Participants will learn the importance of brushing and flossing, what gum disease is, and how to prevent cavities.	Families with children ages zero-five or Grades PK-12	30 - 45-minute session <i>(virtual OR in-person)</i>
515 	Independent Financial Skills: Life On Your Own	Solutions of Change	This course explores steps to build independence. We will review essential skills to help prepare students for life on their own, including topics such as finding a job, finding a place to live, needs vs wants, and paying bills.	Families with students in Grades 6-12 (Adults and students may attend together)	1-hour session <i>(virtual OR in-person)</i>
521 	Knowing the Risk Factors: Suicide Prevention	Nevada Office of Suicide Prevention	This course educates parents and community members on the suicide prevention efforts the state of Nevada is currently taking to provide a safer community. The class introduces parents to various signs of suicide and how to get involved when a loved one needs help.	Families with students in Grades 3-12 <i>(Adults only)</i>	1-hour session <i>(virtual OR in-person)</i>
504  	Let's Set the Boundary	Solutions of Change	Learning how to set healthy boundaries is an important part of children's development. In this workshop, families and their children will be shown how to set respectful boundaries with themselves, their peers, and adults. There will be opportunity to practice these skills within the course.	Families with children in Grades PK-12 (Adults and children may attend the class together)	45-minute session <i>(virtual OR in-person)</i>
575	Money Management	SCE Federal Credit Union	This workshop provides realistic strategies and tips for managing one's personal finance. We discuss why money management must be a priority, how to accomplish financial goals, a great way to budget, and the importance of saving.	Adult family members of CCSD students	1-hour session <i>(virtual OR in-person)</i>

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554 	Operation Drug Free	Nevada Child Seekers	Learn about the current drugs on the streets of Las Vegas, how they work, and how to recognize use in your children. Nevada Child Seekers dives into what to look for and how to get help to keep our children safe.	Families with students in Grades 6-12 (Adults and children may attend the class together)	1-hour session <i>(virtual OR in-person)</i>
522 	Parental Self Care	Solutions of Change	This class stresses the importance of self-care for parents and provides examples for daily self-care practices and routines. By making themselves a priority, parents will spread the awareness of wellness in the home and model healthy practices for their children.	Adult family members of CCSD students	1-hour session <i>(virtual OR in-person)</i>
505  	Physical Intelligence & Sports Awareness	Solutions of Change	Physical intelligence is an important part of leading a healthy life, managing stress, and learning more happily. This course will teach participants about the benefits of physical activity, as well as different coping methods to help relieve stress and anxiety. They will also learn about sports and other occupations within the sports world.	Families with children in Grades P3-12 (Adults and children may attend the class together)	1-hour session <i>(virtual OR in-person)</i>
428 	Positive Connections for Parents and Teenagers	UNR Extension Partners in Parenting	This four-week educational parenting series is designed to help parents and their teenage children better understand teen behavior. Its focus is to increase parenting knowledge and parenting skills, which include stress management and positive discipline.	Families with students in Grades 6-12 <i>(Adults and teens may attend Lessons 1 and 2 together; Adults ONLY for Lessons 3 and 4)</i>	4 weekly 1.5-hour sessions <i>(virtual OR in-person)</i> 
430	Raising Competent Teenagers (A Teen Triple P Seminar)	Clark County DFS Parenting Project	Set your teenager up for success with strategies that can help your teen get the most out of their school years. Explore topics such as developing self-discipline, establishing good routines, getting involved in school activities, and being a good problem solver.	Families with students in Grades 6-12 <i>(Adults only)</i>	2-hour session <i>(in-person)</i>
429	Raising Responsible Teenagers (A Teen Triple P Seminar)	Clark County DFS Parenting Project	Parents explore six key elements to helping teenagers become responsible, reliable, and more involved in family life.	Families with students in Grades 6-12 <i>(Adults only)</i>	2-hour session <i>(in-person)</i>

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139V	Social Emotional Learning	CCSD Family Engagement Department	The Social-Emotional video series shares interactive strategies, resources, and tools to help families support their children with social-emotional learning. Watch and learn how to apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, and take responsibility for oneself to maintain healthy relationships and practice self-care. <ul style="list-style-type: none"> • Video 1: Coping Strategies for Feelings and Emotions • Video 2: Self-Esteem – The Invisible Mask • Video 3: Talk it Out! • Video 4: Breathe it Out! 	Family members with students in Grades K-12	Pre-recorded video available 
506 	Social Emotional Learning for Youth Development	Solutions of Change	This course explores the practical use of SEL interventions to acquire and apply knowledge, skills, and abilities to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.	Families with children in Grades PK-12 (Children 13 & older may attend with parent)	1 - 1.5-hour session <i>(virtual OR in-person)</i>
415 	Staying Connected with Your Teen	Clark County DFS Parenting Project	Navigating the teen years can be rewarding and challenging! In this program parents and teens work together to strengthen their relationship, improve communication, and explore problem-solving and conflict resolution strategies that supports the teen's development.	Families with students in Grades 6-12 (Adults and students attend the class together)	6 weekly 2-hour sessions <i>(in-person)</i> 
324	Street Smarts: Encouraging Safe Walking and Bicycling to and from School	CCSD Safe Routes to Schools	Walking and bicycling to and from school provides many benefits to students. Learn about those benefits and the following: teaching children to walk and bicycle safely to and from school and the importance of being a role model.	Families with students in Grades PK-12 (Adults and children may attend class together)	1 hour session <i>(virtual OR in-person)</i> Pre-recorded video available 
412	Teen Triple P	Clark County DFS Parenting Project	Parenting teenagers can be challenging! Explore strategies to increase desirable teen behaviors and manage problem behavior in a constructive and caring manner to reduce conflict and minimize risk-taking behavior.	Families with students in Grades 6-12 <i>(Adults only)</i>	8 weekly 2-hour sessions <i>(virtual OR in-person)</i> <i>**must attend all sessions</i> 

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533	The Dark Side of Social Media <i>Availability is limited to a case by case basis. Please inquire for more information.</i>	Las Vegas Metro. Police Department	What every parent needs to know about the negative impact social media can have on their children, and how they can protect them.	Adult family members of CCSD students (Adults ONLY due to sensitive material)	1-hour session <i>(after school, in-person only)</i>
551 	The Impact of the Games We Play	Nevada Council on Problem Gambling	Las Vegas is the gaming entertainment capital of the world, with one of the highest prevalence rates of problem gambling in the nation. Not surprisingly, video gaming addiction is on the rise for both youth and adults. This seminar will discuss the difference between healthy recreation and problematic gambling/gaming, make parents aware of the signs and symptoms of gambling/gaming addiction, and shed light on the impact of these problems have on adults, children, and the family as a whole.	Adult family members of CCSD students (Adults and students may attend together)	1.5-hour session <i>(virtual OR in-person)</i>
520	Toxic Stress	Prevent Child Abuse Nevada at NICRP	Living in stressful environments can negatively affect a child's emotional, social, and physical development. Through this training, attendees will be provided with an overview of how stress can affect brain development and will learn how these changes in the brain may lead to the adoption of high risk behaviors.	Families with children ages zero-five or in Grades PK-12	2 weekly 1.5-hour session <i>(virtual OR in-person)</i> 
507 	Unleashing Your Child's Potential Through the Power of Their Eyes <i>Free eye screenings may be scheduled by a school administrator if desired.</i>	Dr. Kopolow and Girisgen OD – Pearle Vision	This course will help parents understand the impact their child's vision has on all aspects of their life, whether it is school, sports, arts, self-confidence, or even social interactions. We will also provide valuable information on the signs that your child might be experiencing difficulties with their vision.	Families with children ages zero-five or in Grades PK-12 (Adults and students may attend together)	30-45 minute session <i>(virtual OR in-person)</i>