

# University of Family Learning (UFL) Course Catalog 2023-2024

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](mailto: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, 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.

**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







	<b>New Course</b> - This course is a new addition to our course catalog for the 2023-2024 school year.
	<b>Pre-Recorded Video</b> – 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. 
	<b>After School</b> - This course is suitable to be scheduled after school for parents and secondary students to participate in <u>together</u> .
	<b>Series</b> - This class is a series scheduled over multiple weeks. Participants are expected to attend all sessions.
<b>Course Availability</b>	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>
110V	<b>Conversations in the Kitchen: Enriching Family Communication</b>	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 
530	<b>Diving Into Discovery Education!</b>  <i>If scheduled in a computer lab, families can login to navigate the platform during the workshop.</i>	Discovery Education	Join us as we explore the Discovery Education platform available to all CCSD students. We will adventure through resources like career exploration, virtual field trips, interactive learning games, and more!	Families with students in Grades PK-12	1-hour session <i>(virtual OR in-person)</i>
109 	<b>Growth Mindset: Stretch Your Thinking!</b>	CCSD Family Engagement Department	"I'm not good at math! I can't read that!!" Does your child avoid challenges or get discouraged at the first obstacle they encounter? Understanding fixed and growth mindsets will help families listen and 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 K-12	45-minute session <i>(in-person after school ONLY)</i>
523	<b>How is My Child Reading?</b>  <i>(This training is geared toward families with children with any disabilities.)</i>	Nevada PEP	Do you worry about your child's reading? This workshop will give you a better understanding of how children learn to read. You will learn the type of questions to ask your child's teacher and how to partner with the school on reading improvement. Do not miss this workshop to learn about the strategies that help children become good readers!	Adult family members of CCSD students in grades PK-8	1-hour session <i>(virtual OR in-person)</i>
532V	<b>Lifelong Reading with myOn</b>	Renaissance	In this video 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 you can view your child's progress and read offline using the free mobile app. We'll even see how myOn supports bilingual families!	Families with students in Grades PK-5	Pre-recorded video 
342Vd	<b>Understanding the MAP Growth Family Report Measure of Academic Progress</b>	CCSD AARSI Division Assessment, Accountability, Research, and School Improvement	In this 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.	Families with students in Grades 3-8	Pre-recorded video 
140V	<b>Online Resources for Secondary Students</b>	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 




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433 	<b>Parenting for <u>School</u> Success</b>	Boys Town Nevada	Parenting can be tough! If you have a child, chances are you've had your fair share of challenging days. Parents are invited to join in our fun and interactive classes to talk about routines, homework and overcoming obstacles when speaking with school personnel.	Adult family members of CCSD students in grades PK-12	6 weekly 2-hour sessions OR an individual session <i>(virtual OR in-person)</i>
404 	<b>Parenting for Success</b>	Boys Town Nevada	If you have a child, chances are you've had your fair share of challenging days. Parents of are invited to join in our fun and interactive classes. These classes can help you with: <ul style="list-style-type: none"> <li>• Balancing discipline with affection</li> <li>• Praising your child's good behavior</li> <li>• Reducing a child's problem behavior</li> <li>• Effective communication</li> </ul>	Adult family members of CCSD students in grades PK-12	6 weekly 2-hour sessions OR an individual session <i>(virtual OR in-person)</i>
524 	<b>SumoBots: Veggie STEAM Challenge</b>  <i>Available at 2 locations per year. Inquire for availability. Maximum capacity of 25 families.</i>	STEMbotics Learning Center	Come out to build and compete with an EV3 Sumo Bot. You and your family will build and program sumo robots that will be battling to win the best fruits and veggies for their neighborhoods.	Families with students in grades 3-12	2-hour session <i>(in-person; available after 3:30pm)</i>
531V 	<b>The Engineering Design Process</b>	STEMbotics Learning Center	Learn the engineering design process as you make a planter and build a mechanism for your home garden with the help of the STEMbotics Learning Center!	Families with students in grades K-8	Pre-recorded video  
306  	<b>What's Your Name? What's Your Story? Family, Culture &amp; Identity Through Literature</b>	Ekuwah Mends Moses, Author	What's in a name? Students and families are invited to explore the potential impact of a person's name with author-illustrator and educator Ekuwah Mends Moses. She will read aloud, share artifacts published in her picture book, and invite participants to create a keepsake.	Families with students in grades PK-12	1-hour session <i>(in-person)</i>  <i>Available after 4:30 pm or on weekends.</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>
525V	<b>Achieve3000 Literacy Parent Overview</b>	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 
526V	<b>Achieve3000 Math Parent Overview</b>	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 
527V	<b>Actively Learn Parent Overview</b>	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 
132V	<b>Canvas Learning Management System (LMS)</b>	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"> <li>• Video 1: What is Canvas? An Introduction for Parents</li> <li>• Video 2: Canvas Observer – Account Registration &amp; Student Pairing</li> <li>• Video 3: Canvas Observer – Canvas Parent App</li> <li>• Video 4: Canvas Overview for Observers</li> </ul>	Families with students in Grades PK-12	Pre-recorded video 
501 	<b>Choosing the Right School for Your Children</b>  <i>*Only offered in Spanish.</i>	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.	Adult family members of CCSD students in grades PK-12	4 weekly 1.5-hour sessions <i>(virtual OR in-person)</i>
133V	<b>Chromebook Basics for Families</b>	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 
578	<b>College Lingo: Talk the Talk</b>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation provides parents information and resources to increase their familiarity and understanding of widely-used college terminology and phrasing. Thus, making it more likely their child will know what/who to ask particular questions about/to during their college search process.	Adult family members of CCSD students in grades 9-12	1-hour session <i>(virtual OR in-person)</i>

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574H	<b>College Prep Tips for the High School Parent</b>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation provides parents information and resources on helping their student select challenging courses, determining whether dual enrollment is right for their student, and how to help their student prepare early for the ACT. In addition, this presentation provides a timeline of the college admissions process and how parents can best support their high schooler during their college search.	Adult family members of CCSD students in grades 9-12	1-hour session <i>(virtual OR in-person)</i>
574M	<b>College Prep Tips for the Middle School Parent</b>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation provides information and resources on various high school options aimed to improve student achievement, promote diversity, and create an awareness of career opportunities in whatever field of study interests the student. In addition, this presentation provides parents information and resources on helping their student select challenging courses and how to prepare early for standardized tests.	Adult family members of CCSD students in grades 8-6	1-hour session <i>(virtual OR in-person)</i>
508	<b>Developing the IEP to Meet Your Child's Needs</b>  <i>(This training is geared toward families with children with any disabilities.)</i>	Nevada PEP	Join us as we discuss special education and the IEP meeting process, including how parents can partner and actively participate in the development of their child's individualized education program. Learn the requirements of the IEP, how to include high expectations and how your child's present levels of education performance drive the goals and services provided by the school.	Adult family members of CCSD students in grades PK-12	1-hour session <i>(virtual OR in-person)</i>
103	<b>Every Day Matters: An Attendance Gameshow</b>	CCSD Family Engagement Department	Join us for a fun, game-based workshop to explore the strong link between consistent attendance and student achievement. Learn about the resources available at your school, community, and district to support your child's academic success.	Adult family members of CCSD students	45-minute session <i>(in-person)</i>  Pre-recorded video 
100	<b>Family Engagement Department Overview</b>	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	30-minute session <i>(virtual OR in-person)</i>
136V	<b>Google Meet Basics for Families</b>	CCSD Family Engagement Department	This video will provide parents/guardians and students with the basics on how to use Google Meet.	Adult family members of CCSD students	Pre-recorded video 






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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.	Adult family members of CCSD students	Pre-recorded video 
536	How to Pay for College	UNLV CAEO TRIO Educational Opportunity Center	Individuals will learn of the different ways to pay for college, 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	45-minute session <i>(virtual OR 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"> <li>• Video 1: Graduation Requirements &amp; Diploma Types</li> <li>• Video 2: Enrollment Options for Secondary Students</li> <li>• Video 3: Getting Ready for College or Career</li> <li>• Video 4: Staying on Track – Progress Monitoring Your Child's Path to Graduation</li> </ul>	Adult family members of CCSD students in grades 6-12	Pre-recorded video 
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. Parents will learn: 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, including the College Kick Start Scholarship and the Millennium Scholarship	Adult family members of CCSD students	45-minute session <i>(virtual OR in-person)</i>
328	Magnet Schools: 30 Years of Excellence	CCSD Magnet Schools	Learn about the opportunities available for CCSD students through magnet schools and programs. As the single largest form of school choice in the nation, this workshop will help students and families understand how to navigate the admission process into a magnet program.	Families with students in Grades PK-12	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.	Adult family members of CCSD students in grades PK-12	45-minute session <i>(in-person)</i>





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104V	<b>Navigating Infinite Campus Parent Portal Video Series</b>	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"> <li>• Video 1: Logging in and Updating Contact Information</li> <li>• Video 2: Checking Grades and Finding School Contact Information</li> <li>• Video 3: Online Registration for the 22-23 School Year</li> <li>• Video 4: Accessing Your Child's Progress Documents</li> </ul>	Adult family members of CCSD students	Pre-recorded video 
545 	<b>Planning for Success After High School</b>	Nevada PEP	Transition planning is part of the IEP process and should be in place when students enter high school. Do they have a transition plan in their IEP? Parents and youth will learn how creating a Transition Plan in the IEP with goals, services and classes based on the student's strengths and interests can lead to success after high school. Join us to discuss the variety of transition services available, the questions to ask and the importance of youth participation in the planning process.	Families with students in grades 9-12	1-hour session <i>(virtual OR in-person)</i>
577M	<b>Soft Skills for Success (Middle School)</b>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation provides parents information and resources on how to build, model, practice, and promote important soft skills that contribute to academic success. Furthermore, developing and refining soft skills will make it easier for children to form connections with peers and adults which will promote both safety and engagement at school.	Adult family members of CCSD students in grades 6-8	1-hour session <i>(virtual OR in-person)</i>
141 	<b>Test for Success! An Overview of Standardized Tests in Schools</b>	CCSD Family Engagement Department	Join us for an overview of the standardized tests that your children will take in the Clark County School District. Parents will learn about common assessments including MAP, SBAC, WIDA, CRT, and the ACT. We will also review how to find your child's test results, along with tips and strategies to prepare for testing day.	Adult family members of CCSD students in grades K-12	45-minute session <i>(in-person)</i>
579	<b>The Inside Scoop on College Admissions</b>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation provides parents information and resources on helping their student select high school classes colleges care about, impress college admissions staff, and better understand how colleges think about non-academic factors such as extracurriculars, which promote safety and engagement at school. In addition, this presentation will help parents understand different ways that colleges evaluate applicants and decide who to admit so they can better support their student on their unique path to college.	Adult family members of CCSD students in grades 9-12	1-hour session <i>(virtual OR in-person)</i>
573M	<b>The Truth About College (Middle School)</b>	University of Nevada, Las Vegas (UNLV) Early Outreach	This presentation addresses various misconceptions about college parents may have encountered and provides them with information and resources that will be useful in supporting their child on the path to college.	Adult family members of CCSD students in grades 6-8	1-hour session <i>(virtual OR in-person)</i>







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117V	<b>Transitions in Education: Preparing for High School</b>	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.	Adult family members of CCSD students in grades 6-10	Pre-recorded video 
119V	<b>Transitions in Education: Thriving in Middle School</b>	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.	Adult family members of CCSD students in grades 5-8	Pre-recorded video 





# 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>
557 	<b>Be Brave – Bullying Prevention At Home</b>	Nevada Child Seekers	"Bullying" has become a huge problem in our schools today, especially with the rise of social media and the advancement of technology. Be Brave aims to assist parents and school administration by answering common questions and addressing common concerns from both sides of a bullying situation. Why is bullying a bigger deal now? What laws are in place to protect my child from bullies? How does social media and modern technology effect my child in a bullying situation? Join us as we partner as a community to protect our children from bullying and answer many of these burning questions.	Families with students in grades PK-12	1-hour session <i>(virtual OR in-person)</i>
512	<b>Cultural Competence &amp; Cultural Humility</b>	Solutions of Change	In this workshop you will learn the definitions of cultural humility and cultural competency, the important of both topics, 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 session <i>(virtual OR in-person)</i>
503 	<b>Foster Care Information Session</b>	Clark County DFS Foster Care	Open your heart and your home to our children! Clark County needs foster parents now, more than ever. Attend a FREE information session to learn more about Foster Care and the process to be involved.	Adult family members of CCSD students	45-minute session <i>(in-person)</i>
556	<b>Human Trafficking Awareness</b>	Nevada Child Seekers	24 Hour city, hot nightlife, International Airports, high population, a sea of hotels and motels. Las Vegas is the perfect place for human traffickers to hide under the radar. Learn the truth about Human Trafficking and debunk the myths as Nevada Child Seekers shares the reality of modern day slavery using real case examples and true stories.	Adult family members of CCSD students	1-hour session <i>(virtual OR in-person)</i>
553 	<b>NetSmartz Internet Safety</b>	Nevada Child Seekers	"If your children have access to the internet, the internet has access to your children." Nevada Child Seekers aims to keep parents and guardians informed of the trends used by online predators to groom children. Through up to date trends and discoveries from real Nevada Child Seekers missing child cases, we walk through how our youth are exposed to online dangers and the importance of internet safety and parental guidance at home.	Families with students in grades PK-12	1-hour session <i>(virtual OR in-person)</i>  Pre-recorded video 
128V	<b>Digital Citizenship: Safe and Responsible Technology Use</b>	CCSD Family Engagement Department	This video 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.	Adult family members of CCSD students	Pre-recorded video 




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558 	<b>Runaway Prevention at Home</b>	Nevada Child Seekers	A majority of missing child cases are classified as "Runaways" but not all of the youth in those cases had the option to return home. Nevada Child Seekers dives into the reality of Runaway Youth in Nevada and how online predators avoid AMBER alert callouts by convincing children to willingly leave their own homes. Nevada Child Seekers provides resources for families and strategies to practice at home to assist in preventing your children from running away as well as giving them the tools to not be victimized if they ever find themselves in a dangerous situation because they chose to run away from home.	Families with students in grades 6-12	1-hour session <i>(virtual OR in-person)</i>
580 	<b>Student-Athlete Gambling Awareness (SAGA)</b>	Nevada Council on Problem Gambling	Is your student on an athletic path? College sports in the future? 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. Some may think playing sports and friendly sports betting go hand and hand, although it may just end your career! This course covers youth gambling, sports betting, and NCAA rules for gambling designed to help student athletes understand the challenges they may face when it comes to accepted behavior and collegiate sports.	Families with students in Grades 6-12	1.5-hour session <i>(in-person)</i>
572	<b>Six Advocacy Skills that Turn No's into Yes's</b>  <i>(This training is geared toward families with children with any disabilities.)</i>	Nevada PEP	Parents, your voice matters! Are you tired of being told "No" when trying to get help for your child? You are the expert on your child, and you understand your child's needs and strengths best. We will discuss the parents' role in communication, advocacy, and effective partnership with the professionals that support their children. Learn how to get the needed supports and services with these six amazing advocacy strategies!	Adult family members of CCSD students	45-minute session <i>(virtual OR in-person)</i>
502	<b>Take Steps to Stop Bullying</b>  <i>(This training is geared toward families with children with any disabilities.)</i>	Nevada PEP	If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made. This webinar will help participants understand Nevada laws about bullying and your child's right to a safe learning environment.	Adult family members of CCSD students	1-hour session <i>(virtual OR in-person)</i>
535  	<b>Tools for Successful Learning</b>  <i>*Only offered in Spanish.</i>	Parent Leadership Team	This course will create awareness among parents about their positive impact on their children's education, as well as model how to establish agreements and limits that will lead them to personal and academic success. It will introduce the tools they need as a family and share new strategies and roles to successfully collaborate with teachers.	Adult family members of CCSD students in grades PK-8	4 weekly 1.5-hour sessions <i>(virtual OR in-person)</i>
101	<b>Volunteer and Learn</b>  <i>Available ONLY 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 Families	CCSD Safe Routes to Schools	This Safe Routes presentation focuses on the importance of staying active and having good nutritional habits for you and your family. In this course we will go over the many benefits of walking, bicycling, and other physical activities you can do and of course, pairing it with great nutrition and a well-balanced diet. We encourage families and their children to attend and learn the importance of exercising and meal planning together.	Families and students in grades PK-12	45-minute session <i>(in-person)</i>
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 lifelong learners, and contribute to a caring society. A SEL activity for parents and children will also be included.	Families and students in grades PK-12	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? Educator and author-illustrator 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 and students in grades PK-12	1-hour session <i>(in-person)</i>  <i>Available after 4:30 pm or on weekends.</i>
546	 Budgeting and Spending Plans	Silver State Schools Credit Union	Smart, real-life budgeting is the foundation of good money management. Whether you've been budgeting for years or you're taking your first steps toward managing your spending habits, this workshop can help.	Adult family members of CCSD students	45-minute session <i>(virtual OR in-person)</i>
414	 Building Teenagers' Survival Skills (A Teen Triple P Discussion Workshop)	Clark County Department of Family Services Parenting Project	This workshop dives into the topic of why teenagers may make risky decisions. Parents explore ways to support their teen's health and well-being and plan for risky situations. Strategies and plans to positively support teens as they move toward independence and adulthood are discussed.	Adult family members of CCSD students in grades 6-12	2-hour session <i>(virtual OR in-person)</i>
548	 Building Your Credit Score	Silver State Schools Credit Union	Want to get a better interest rate on your next loan? Or get a leg up on that job interview? Raise your credit score. This workshop can help you understand your credit history and how credit scores work so you can improve your overall credit rating.	Adult family members of CCSD students	1-hour session <i>(virtual OR in-person)</i>
422	 Coping with Stress (A Triple P Informed Seminar)	Clark County Department of Family Services Parenting Project	This workshop explores a range of strategies to cope with the everyday stress of parenting children. Discuss common causes of stress, how stress affects parenting and healthy ways to reduce and manage stress.	Adult family members of CCSD students	2-hour 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>
409 	<b>Coping with Teenagers' Emotions (A Teen Triple P Discussion Workshop)</b>	Clark County Department of Family Services Parenting Project	In this workshop we discuss reasons why teenagers have emotional outbursts and reactions and explore positive parenting strategies that will help teenagers better manage their emotions.	Adult family members of CCSD students In grades 6-12	2-hour session <i>(in-person)</i>
406 	<b>Eating Smart, Being Active</b>	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"> <li>• Save money and plan tasty, healthy meals for your family.</li> <li>• Prepare new recipes and eat more meals at home.</li> <li>• New ways to enjoy fruits and vegetables.</li> <li>• Control portion sizes.</li> <li>• Prepare and store food safely and prevent waste.</li> <li>• Prepare nutritious and delicious recipes.</li> <li>• Be more physically active with your children.</li> </ul>	Adult family members of CCSD students	9 weekly 1-hour sessions <i>(virtual OR in-person)</i>
201	<b>English for Adults</b>  <i>Available ONLY 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
426  	<b>Fear-Less Triple P (A Workshop for Parents Who Have a Child That Experiences Anxiety)</b>	Clark County Department of Family Services Parenting Project	Does your child experience anxiety? Fear-Less Triple P introduces parents to information about anxiety and provides positive parenting strategies that support the development and behavior of children with anxiety.	Adult family members of CCSD students In grades K-8	2-hour intro session OR 6 weekly 2-hour sessions <i>(virtual OR in-person)</i>
337	<b>Feeding Clark County School District</b>	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 the history of school nutrition, the USDA Guidelines that we follow and how our operation works in the Clark County School District.	Adult family members of CCSD students	45-minute session <i>(virtual OR in-person)</i>
431	<b>Getting Teenagers Connected (A Teen Triple P Positive Parenting Program Seminar)</b>	Clark County Department of Family Services Parenting Project	In the seminar, parents explore ways of encouraging teenagers to develop supportive friendships, to engage in appropriate social activities and to be confident, plan ahead and meet their commitments. This is the third of three seminars in a series for parents of teenagers. (Available individually or as a series.)	Adult family members of CCSD students In grades 6-12	1.5-hour session <i>(virtual OR in-person)</i>

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555 	<b>Healthy Relationships &amp; Self Respect</b>	Nevada Child Seekers	Children will often be victimized by predators due to their inability to recognize a toxic relationship. Many youth are often unable to recognize gas lighting and manipulation tactics used by predators which may ultimately lead to that child being victimized or going missing. Nevada Child Seekers believes that education on healthy relationships will lead to reduced numbers of children being victimized by online predators, human traffickers, and potentially avoid situations of domestic violence.	Families with students in grades 6-12	1-hour session <i>(virtual OR in-person)</i>
547 	<b>How to Effectively Manage and Pay Off Debt</b>	Silver State Schools Credit Union	Learning how to manage debt is critical to long-term financial stability. This workshop can help you pay off your debt faster — and recognize when that isn't the best thing to do.	Adult family members of CCSD students	45-minute session <i>(virtual OR in-person)</i>
540	<b>Importance of Oral Health</b>	Liberty Dental Plan	Join us for a fun and educational, low-tech but highly engaging presentation on the importance of oral health and oral hygiene, proper brushing techniques, and healthy eating habits. 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-minute session <i>(virtual OR in-person)</i>
515	<b>Independent Financial Skills: Life On Your Own</b>	Solutions of Change	This course teaches people how to build independence. It goes over essential skills to help prepare you for life. This course touches various topics such as, finding a job, finding a place to live, needs vs wants, and paying bills.	Families with students in grades 6-12	1-hour session <i>(virtual OR in-person)</i>
521	<b>Knowing the Risk Factors: Suicide Prevention</b>	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.	Adult family members of CCSD students in grades 6-12	1-hour session <i>(virtual OR in-person)</i>
504 	<b>Let's Set the Boundary</b>	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	45-minute session <i>(virtual OR in-person)</i>
575	<b>Money Management</b>	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	45-minute session <i>(virtual OR in-person)</i>
534 	<b>Mindset: Growth vs Fixed</b>	Solutions of Change	This workshop teaches the concept of mindset, taking a deep dive into the two contrasting mindsets anyone may have. We explore the benefits and risks of having a specific mindset and introduce small efforts that can shift one's own mindset in ways that support positive well-being and mental health.	Adult family members of CCSD students	1-hour session <i>(virtual OR in-person)</i>

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554 	<b>Operation Drug Free</b>	Nevada Child Seekers	This presentation aims to educate parents on vital information provided by the Drug Enforcement Administration on specific substances, their effects and dangers, as well as resources to help recognize addiction, substance use in children, and resources for recovery and help.	Families with students in grades 6-12	1-hour session <i>(virtual OR in-person)</i>
522	<b>Parental Self Care</b>	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 	<b>Physical Intelligence &amp; Sports Awareness</b>	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 3-12	1-hour session <i>(virtual OR in-person)</i>
428 	<b>Positive Connections for Parents and Teenagers</b>	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	4 weekly 1.5-hour sessions <i>(virtual OR in-person)</i>
205	<b>Project LISTOS!</b>  <i>*Scheduled at pre-determined locations only. Please inquire for location details to share with your community.</i>	Economic Opportunity Board of Clark County	Building competent and self-sufficient communities throughout academic programs, such as Spanish literacy to facilitate higher proficiency in English acquisition (bilingual curriculum) and other life skills workshops.	Adult family members of CCSD students	3.5-hour sessions
430	<b>Raising Competent Teenagers (A Teen Triple P Positive Parenting Program Seminar)</b>	Clark County Department of Family Services Parenting Project	Help your teen get the most out of their teen years. Find out how to help support their growing independence and help them communicate, develop self-discipline and routines, and solve problems at school, with family and friends. This is the second of three seminars in a series for parents of teenagers. (Available individually or as a series.	Adult family members of CCSD students In grades 6-12	1.5-hour session <i>(virtual OR in-person)</i>

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429	<b>Raising Responsible Teenagers (A Teen Triple P Seminar)</b>	Clark County Department of Family Services Parenting Project	Are you the parent of a teenager? Explore six key elements to helping teenagers be responsible, reliable and more involved in family life. This is the first of three seminars in a series for parents of teenagers. (Available individually or as a series.)	Adult family members of CCSD students in grades 6-12	1.5-hour session <i>(virtual OR in-person)</i>
411 	<b>Reducing Family Conflict (A Teen Triple P Discussion Workshop)</b>	Clark County Department of Family Services Parenting Project	In this workshop, we discuss reasons why teenagers may become argumentative or aggressive and explore positive parenting strategies that help teens communicate effectively and get along with others.	Adult family members of CCSD students In grades 6-12	2-hour session <i>(virtual OR in-person)</i>
139V	<b>Social Emotional Learning</b>	CCSD Family Engagement Department	The Social-Emotional video series shares interactive strategies and resources 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"> <li>• Video 1: Coping Strategies for Feelings and Emotions</li> <li>• Video 2: Self-Esteem – The Invisible Mask</li> <li>• Video 3: Talk it Out!</li> <li>• Video 4: Breathe it Out!</li> </ul>	Adult family members of CCSD students	Pre-recorded video 
506	<b>Social Emotional Learning for Youth Development</b>	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.	Adult family members of CCSD students	1-hour session <i>(in-person)</i>
415  	<b>Staying Connected with Your Teen</b>	Clark County Department of Family Services 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	6 weekly 2-hour sessions <i>(in-person)</i>
412 	<b>Teen Triple P</b>	Clark County Department of Family Services 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.	Adult family members of CCSD students in grades 6-12	7 weekly 2-hour sessions <i>(virtual OR in-person)</i>  <b>**must attend all sessions</b>



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533	<b>The Dark Side of Social Media</b> <i>Availability is limited to audiences of 25 or more. Please inquire for more information.</i>	Las Vegas Metropolitan Police Department	This course includes tips, examples, and a detailed discussion to increase the awareness of parents to the potential dangers of social media and online interactions. It is also designed to help parents implement precautions to make their children less vulnerable online.	Adult family members of CCSD students in grades 3-12 (adults only)	45-minute session <i>(in-person)</i>
551 	<b>The Impact of the Games We Play</b>	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 of gambling/gaming addiction, and shed light on the impact of these problems have on adults, children, and the family.	Families with students in grades PK-12	1.5-hour session <i>(virtual OR in-person)</i>
510 	<b>UNIFY: Undocumented &amp; Immigrant Families in CCSD</b>	CCSD UNIFY	Join our CCSD UNIFY Director, Astrid Silva in a course on immigration and CCSD. How it affects your families, what opportunities are available for your student and how to access resources for your child.	Adult family members of CCSD students	2-hour session <i>(virtual OR in-person)</i>
507	<b>Unleashing Your Child's Potential Through the Power of Their Eyes</b> <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 in all aspects of their lives such as school, sports, arts, self-confidence, and social interactions. We will also provide valuable information on the importance of annual eye exams and signs that your child might have vision difficulties or dysfunctions.	Families with children ages zero-five or in Grades PK-12	45-minute session <i>(virtual OR in-person)</i>