PARENTS! Learn new skills and connect with other parents –
FREE Educational opportunities! Summer 2019 – Spring 2020

ECPAC
EARLY CHILDHOOD PARTNERSHIP
OF ADAMS COUNTY

How to Read Your Baby	Early Literacy Workshops	Powerful Tools for Caregivers PTC	The GRANDCares Youth Club	Bringing the Protective Factors to Life	Seedlings
Parents of children ages: 0-3 2-hour, morning classes over 8 weeks. Sessions starting soon!	Parents of children ages: 0-5 8 2-hour workshops, come to one or all! Several workshops a year!	Grandparents Raising Grandchildren	Youth being raised by Grandparents ages 9-12	Parents and caregivers of children 0-8 years; 7 2-hour modules, Sessions starting soon!	Parents of children 0-18 months old and pregnant moms; 10-week class for new and expecting parents 2-hour classes
		Kick Off Day- Meet & Greet; 6 weeks - 2hr class each week. Sessions starting soon!			
English and Spanish	**English and Spanish**	**English only**		**English and Spanish**	**English and Spanish**
Learn new skills and games that help you communicate with your baby and build a stronger bond. Bring your baby and practice your skills together. A certificate of participation will be awarded to those who attend at least 6 weeks.	Using early literacy strategies, each of these three workshops focuses on language development and social emotional health and development in children. Come to one that interests you or all three!	Grandparents learn to take care of themselves, so that they are well to take care of others. They learn communication skills & stress-management tools & strategies for their personal well-being	Modeling from the PTC curriculum, this program has a focus on the grandchild, aligned with a youth's needs, promoting leadership, strength, self-expression, communication and mindfulness	This series focuses on the "5 Protective Factors" that keep families healthy and strong. It promotes individual growth in parents and caregivers while highlighting their strengths and capabilities	Participants will nurture the seeds of hope, strength, knowledge and love within themselves and each other as each family prepares to nurture a new child. They will: Identify parenting goals, build stress management tool kit, Learn about their child's brain development
Free! Bring your baby! Snacks provided!	**Free!** A light meal, activities to take home & child care provided!	**Free!** Snacks childcare, resources, networking & workbook provided!	**Free!** Light Snacks, Childcare, Resources provided.	**Free!** Light Snacks, Childcare, Resources provided.	**Free!** A meal, childcare, Self-care tools provided!

For more info or to register for the next available class contact: **Rebeca Snowden at rebeca@growinghome.org or 720-407-1980**