

SPRING 2019 ACTIVITIES

BUILDING BLOCKS FOR SAHUARITA -  
FAMILY ENGAGEMENT



United Way of Tucson  
and Southern Arizona

HELPING FAMILIES THRIVE IN SAHUARITA

For families with children aged 0-5

COPPER VIEW ELEMENTARY (350 W. SAHUARITA RD.)

SATURDAYS 10AM - 12PM. *Snacks provided.*

**Seed to Read:** Uses children's books focused on healthy foods to inspire children to eat well and improve their literacy skills.

**DATES: 1/19; 1/26; 2/2; 2/9 (library)**

**RSVP to [dcurlley@email.arizona.edu](mailto:dcurlley@email.arizona.edu)**

**Ask A Behavior Expert:** A special opportunity for parents and caregivers to address puzzling topics from potty training to picky eaters to visual supports for children. Bring your questions!

**DATES: 2/16; 3/2 (cafeteria)**

**RSVP to [KyleLininger@hotmail.com](mailto:KyleLininger@hotmail.com)**

**Garden Discovery Days:** The class includes a variety of creative activities that stimulate children's senses and help children make the connection between gardening and healthy eating. Simultaneously parents learn to promote kindergarten readiness skills.

**DATES: 3/23; 3/30; 4/6; 4/13 (cafeteria)**

**RSVP to [dcurlley@email.arizona.edu](mailto:dcurlley@email.arizona.edu)**

 **FIRST THINGS FIRST**



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## BUILDING BLOCKS FOR SAHUARITA - FAMILY ENGAGEMENT

### HELPING FAMILIES THRIVE IN SAHUARITA

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THURSDAYS 5 -7 PM. *Snacks provided.*

**Parenting Children with Autism and Language Delays:** Focuses on coaching language development, imitation and routines, social communication, use of pretend play to promote empathy and social skills, promoting self-regulation skills and self-care.

**DATES:** 1/17; 1/24; 1/31; 2/7 (library)

**RSVP to** [rhartje@blake.easterseals.com](mailto:rhartje@blake.easterseals.com)

**Assessing Causes of Behavior Problems:** Redirecting misbehavior is a daily occurrence. Learn to predict misbehavior, so you can prevent it from happening.

**DATES:** 2/28 (library)

**RSVP to** [dcurley@email.arizona.edu](mailto:dcurley@email.arizona.edu)

**Stay and Play:** Stay and Play sessions include information for parents on a variety of topics while encouraging positive interactions with your child! Each session includes a literacy component and each child will receive a book to take home.

**DATES:** 3/7 (library)

**RSVP to** [pmontijo@unitedwaytucson.org](mailto:pmontijo@unitedwaytucson.org)

**Active Parenting:** Seminar topics focus on techniques for improving communication, discipline and learning skills.

**DATES:** 3/21; 3/28; 4/4; 4/11 (library)

**RSVP to** [nikki@parentaid.org](mailto:nikki@parentaid.org)

**Emotional Refueling:** Parents learn techniques to reduce stress and make a plan of action to nurture themselves.

**DATES:** 4/18 (library)

**RSVP to** [dcurley@email.arizona.edu](mailto:dcurley@email.arizona.edu)

The logo for "FIRST THINGS FIRST" features a blue hashtag symbol (#) followed by the text "FIRST THINGS FIRST" in a bold, blue, sans-serif font.

