


Parenting for Resilience ~ January Classes ~ 2021

Register at: <https://tinyurl.com/y4ab2yuu>

Join us each Tuesday for a new topic!

✖ Mark your calendar -- join us each Tuesday for a new topic!

Reflection Practices with Children




...to deal with Change, Conflict, and Engagement

Facilitated by
Jason Wilcox, LCSW

Reflective practice enriches relationships. Out of all the communication techniques we talk about, this is one of the most difficult, however, most rewarding once an individual has mastered them. They will make significant impacts when communicating with children around engaging, change, conflict, and partnering.

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Questions? (530) 598-3905




Jason Wilcox, LCSW, co-author and developer of Motivational Interviewing for Leadership: MI-Lead. He is a national trainer and consultant for Motivational Parent, MI-Lead, Motivational Interviewing, and Motivational Enhancement Therapy. He is a dedicated husband and father of four amazing kids.

Tuesday
January 5th
2021

5:00 - 6:15pm PST

LIVE via ZOOM
No charge to participants.




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Fun Ways to Include Children in Planning Meals and Building a Wholesome Plate!



Facilitated by
Michelle Harris, MS, RD

In this class, we will talk about how to create a balanced healthy eating plan and how to take common meals and easily add more whole grains, legumes, fruits and dairy, along with getting creative with healthy additions. We will also discuss ideas to engage children in the meal planning process and help them understand the importance of nutrition.




Michelle Harris is a Registered Dietitian and Nutrition Educator at the Center for Healthy Communities. She is the CalFresh Outreach and Home Visiting Systems Coordinator with First 5 Siskiyou. Her passions include encouraging and empowering families in establishing healthy habits and bringing the joy back into eating, along with building systems that support children and families grow and thrive.

Tuesday
January 12th
2021

5:00 - 6:15pm PST


Register at:
<https://tinyurl.com/y4ab2yuu>

LIVE via ZOOM
No charge to participants.



Summaries and Situational-Based Exploring

IMPORTANT ELEMENTS OF COMMUNICATION FOR PARENTS



Facilitated by
Jason Wilcox, LCSW

Register at:
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LIVE via ZOOM
No charge to participants.

Tuesday, January 19, 2021
5:00 - 6:15pm PST


Summaries are the last communication technique we'll dive into from the four skills. Not used as often as the other skills, but still an important communication element to understand and have in your toolbox. After we discuss summaries and practice them, we'll also talk about situational-base exploring as a parent, how to do it, and why it's significant.

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EATING THE RAINBOW



Facilitated by
Michelle Harris, MS, RD



Tuesday
January 26th
2021

5:00 - 6:15pm PST

Register at:
<https://tinyurl.com/y4ab2yuu>

LIVE via ZOOM
No charge to participants.

We hope you will join us!

This class will talk about what fruits and vegetables are in season during the winter and how it's easy to eat a variety of colorful produce. We will also discuss whole grains and ways to increase fiber in your families' diet. We will incorporate these concepts and end the class by learning how to prepare a new dish to try at home.

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