

APPENDIX VII - 7

FRC Flyers (English and Spanish Examples) SY2020-21



POR AMOR A MI CORAZÓN

Un seminario de 4 sesiones para promotores
de salud y miembros de la comunidad.

Andrea Contreras , Promotora de Salud

Sheila Soto, MPH, DrPH Student

Melissa Lopez-Pentecost, MS, NDTR, PhD Candidate

Tania Felix, MD

Marina Jimenez, Zumba Instructor



Agenda

- **Agosto 25** - Andrea y Tania: *Conozca sus números: Lo que debe saber de la hipertensión (presión arterial)*
- **Septiembre 1** - Sheila y Melissa: *Como reducir los niveles de presión arterial*
- **Septiembre 8** - *El plato de buen comer y Zumba*
- **Septiembre 15** - *Demonstración de un postre saludable para personas con o sin presión arterial*

1PM - 2:30PM



Registrarse aquí:

https://arizona.zoom.us/webinar/register/WN_9W_EcfObITGSKDErHRf7bJA



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Mel & Enid Zuckerman
College of Public Health

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School is a lot different now than it used to be!

**Tell Me
More
about...**

MAGNET PROGRAMS
M
MULTICULTURAL
ART
SCIENCE
LANGUAGE
READING
GATE
GIFTED AND TALENTED
EDUCATION
SOCIAL STUDIES
MATH



...resources you need to help them succeed!

A series of presentations for parents, guardians, and other adult caregivers
Every month, representatives from across TUSD will provide fun-filled,
VIRTUAL PRESENTATIONS to help you learn about resources in the District
and how you can support your child's learning at home.

JOIN US ON ZOOM FOR THESE FREE MONTHLY EVENTS - 5:30-6:30 p.m.

Curriculum & Instruction – Tuesday, Sept. 29

Career & Technical Education (CTE) – Tuesday, Oct. 6

Multicultural Curriculum – Tuesday, Oct. 20

Culturally Relevant Pedagogy & Instruction – Tuesday, Oct. 20

Magnet Programs – Thursday, Oct. 29

Language Acquisition – Thursday, Oct. 29

African-American Student Services (AASSD) – Thursday, Nov. 12

Asian Pacific American Student Services (APASSD) – Thursday, Nov. 12

Mexican-American Student Services (MASSD) – Thursday, Nov. 12

Native American Student Services (NASSD) – Thursday, Nov. 12

Fine and Performing Arts/OMA – Tuesday, Nov. 24

Advanced Learning Experiences (ALE) – Tuesday, Nov. 24

Gifted and Talented Educations (GATE) – Tuesday, Nov. 24



REGISTER TODAY! <https://bit.ly/2Fdq0H2>

TUCSON UNIFIED
SCHOOL DISTRICT



Tucson Unified
Family and Community
Outreach

FRC Flyers (English and Spanish Examples) SY2020-21



FREE ENGLISH CLASSES

TUSD Family Resource Centers offered via Zoom **September 28 – December 11!**

All classes will be on Mondays and Wednesdays this semester.

Register at:

https://docs.google.com/forms/d/e/1FAIpQLSfnbMsYKifGf9OizBrI9WVill_VrlzkVayO9q9tvZSsJg7yoQ/viewform

Questions? Call Palo Verde Family Resource Center at (520)584-7455 OR Literacy Connects at (520) 724-7330

All levels are welcome!



¡CLASES GRATIS DE INGLES!

Centros de Recursos Familiares en TUSD serán ofrecidas por Zoom **septiembre 28 – diciembre 11.**

Todas Las classes seran los lunes y miercoles este semestre.

Para registrarse:

https://docs.google.com/forms/d/e/1FAIpQLSfnbMsYKifGf9OizBrI9WVill_VrlzkVayO9q9tvZSsJg7yoQ/viewform

¿Preguntas? Llame al Centro de Recursos Familiares de Palo Verde (520)584-7455 O Literacy Connects (520) 724-7330

¡Bienvenidos a todos!

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The Active Parenting Program is a **free**, six week program that will focus on giving parents & guardians the tools they need to better communicate with their children!

We will dive into brain development and how it affects children's behavior and give you the skills to talk to your kids about making good decisions, and avoiding use of drugs, alcohol and tobacco.

Zoom Online
Every Wednesday from 6:30-8pm
September 9 - October 14

- Session 1 - The Active Parent**
- Session 2 - Cooperation & Communication**
- Session 3 - Responsibility and Discipline**
- Session 4 - Building Courage & Self Esteem**
- Session 5 - Understanding**
- Session 6 - Active Parenting For School Success**

RSVP Today!
Gaby Garayzar
GGarayzar@cfraz.org
(520) 300-0522



Entry to gift card raffle upon completion of survey!



Substance Abuse Prevention Programs are a service of

Child & Family
RESOURCES INC.

Where Great Things Start Small

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FREE CLASS BRAIN WAVES

FOR FAMILIES WITH CHILDREN AGED 0-5

**4-PART
VIRTUAL WORKSHOP SERIES
ON ZOOM
(ATTEND ALL FOUR CLASSES)**

WEDNESDAYS

12PM - 1 PM

10/14/2020

10/21/2020

10/28/2020

11/4/2020

LEARN ABOUT THE
WONDERS OF EARLY
CHILDHOOD BRAIN
DEVELOPMENT



- Explore the facts and current research in early brain development
- Learn about the impact you have on your child's developing brain
- Make your child's brain healthy, smart and hardworking
- Identify strategies to guide and strengthen young children

Registration link: www.tinyurl.com/BWOctober

For More Information Contact
dianem1@email.arizona.edu



THE UNIVERSITY OF ARIZONA
Cooperative Extension
Family Engagement - Pima County



FIRST THINGS FIRST

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BEHAVIOR HEALTH SERVICES PRESENTATION

Tuesday, 11-10-2020, 12:00-1:30 PM, live on ZOOM!

Luz Alvarez from CFSS Tucson will explain services and behavior health resources available to families in our community, live on ZOOM.

Please call 908-3980 if you have any questions. Register at <https://bit.ly/3ogu8Yj>



Does a member of your family struggle with:

- Emotional challenges,
- Relational challenges,
- Behavioral challenges, or
- Developmental struggles?



Child & Family Support Services (CFSS) will work with you to help your child to live safely and successfully at home and in your community.

We can also help your children return from formal out-of-home residence-based services. These include:

- Hospitals
- Residential treatment centers
- Detention centers



It doesn't matter how difficult are your child's past or present struggles.

No matter how long their journey toward healing and happiness is, there is always hope.



Whenever possible, we strive to keep kids out of these centers and in the home.

We know these treatment facilities are expensive, lengthy, and disruptive to your children and your family.

We provide all our services in Pima County.

We can help you with:



Independent Living Skills



Social Skills Development



Care Coordination & Case Management



Parenting Skills Training & Support



Individual & Family Counseling



Medication Management & Psychiatric Medication Services



Individualized Behavior Intervention Planning



Individual and Group Activities



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**Participants will
receive a bag with
writing supplies!**



WRITING, A LIFE SKILL



Writing doesn't have to scare us. Writing is a way to know our own lives better, and to help our children learn important skills. Explore what writing can do for you and your children. Join us for a fun and interactive time!

Where: Go to <https://bit.ly/314AuI7> to register and receive ZOOM link

Dates: Tuesdays, November 17-December 15, 2020

Time: 9:30-11:30 am

Instructor: Author and teacher Kit McIlroy

ESCRIBIR, UNA HABILIDAD DE VIDA

**¡Los participantes
recibirán una bolsa con
materiales para esta
clase de escritura!**



Escribir no tiene que asustarnos. Escribir es una forma de conocer mejor nuestras propias vidas y ayudar a nuestros hijos a aprender habilidades importantes. Explore lo que la escritura puede hacer por usted y sus hijos. ¡Acompañenos a pasar un rato divertido e interactivo!

Dónde: <https://bit.ly/314AuI7> para registrarse y obtener el enlace de ZOOM

Fechas: Los martes, noviembre 17-diciembre 15, 2020

Horario: 9:30-11:30 am

Instructor: Autor y maestro Kit McIlroy

FRC Flyers (English and Spanish Examples) SY2020-21

FREE VIRTUAL
PARENTING WORKSHOP SERIES

POSITIVE DISCIPLINE

FOR FAMILIES WITH
CHILDREN AGED 3-7

TUESDAYS
2:00PM-3:30PM
11/3, 11/10, 11/17, 11/24, 12/1
(Please attend all 5 sessions in the series)

ON ZOOM

Help your children develop self-discipline, responsibility, cooperation and problem solving-skills!



TAKE A POSITIVE APPROACH

The positive discipline program focuses on using kindness, firmness, dignity and respect. After this workshop you will be empowered with skills to reduce problematic behaviors while strengthening your child's life skills.

- BENEFITS**
- Bridge communication gaps
 - Defuse power struggles
 - Enforce your message of love
 - Build on strengths, not weaknesses
 - Win cooperation at home and at school



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Cooperative Extension

Register at:

<https://tinyurl.com/PD110320>

Questions? Contact cassieb@arizona.edu

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NO COST VACCINATIONS

Back to school Immunizations and Flu Shots

Wednesday November 4, 2020,
2 p.m.-6 p.m. at the
Catalina Family Center, 3645 E. Pima St.

Friday November 6, 2020,
2 p.m.-6 p.m. at the
Palo Verde Family Center, 1302 S. Avenida Vega

Wednesday November 18, 2020,
2 p.m.-6 p.m. at the
Southwest Family Center, 6855 S. Mark Rd.



- Parents must be present for children under the age of 18
- All recommended vaccines, as well as flu shots for adults and children, will be available.
- Insurance will be billed for those who are covered.
- No cost vaccine is available for uninsured and underinsured people.
- Please bring picture IDs, insurance cards, and immunization records.



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LA FRONTERA CENTER, INC.



Tucson Unified
Family Resource Centers

SESIONES DE PREVENCIÓN DE USO Y ABUSO DE SUSTANCIAS

A TRAVES DE **ZOOM**

TEMAS Y DIAS

- ENE. 15** Hechos del Alcohol
- ENE. 22** Prevención Mas Bienestar
- ENE. 29** Hechos de la Marihuana
- FEB. 05** Vapeando y Cigarrillos electrónicos

Todas las sesiones serán de 10:30 a 11:30 am

REGISTRATE YA!!! LAS SESIONES SERAN A TRAVES DE ZOOM:

<https://bit.ly/3m9TIS1>



arizona
complete health

This program funded by:

FRC Flyers (English and Spanish Examples) SY2020-21



Free GED Prep Classes for TUSD Parents and Families

Improve the reading, writing, math, and critical thinking skills to prepare for the GED exam. These classes will be taught in English.



Classes meet from
January 19 - May 14, 2021



All classes are online via Zoom

Mondays and Wednesdays
5:30 - 7:00 PM (GED Math)

Tuesdays and Thursdays
9:30 - 11:00 AM (GED Language Arts)
6:00 - 7:30 PM (GED Science)

Space is limited! Sign up today!

Questions? Call Family Resource Center at (520) 584-7455 OR
Literacy Connects at (520) 724-7330 or visit <https://bit.ly/3gEc3jn>

Classes provided by:



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PRESENTS

**TUSD Title I & Strengthening
the Parent Involvement Policy**
By: Teresa Guerrero, Title I Coordinator

BENEFITING

TUSD Parents, Students, and Teachers

You are cordially invited to share your ideas on how together we can strengthen the District Title I Parental Involvement Policy for the benefit of all students

Está cordialmente invitado a compartir sus ideas sobre cómo juntos podemos fortalecer la Política de Participación de los Padres del Distrito Título I en beneficio de los estudiantes.

To get your zoom link, please pre-register at <https://bit.ly/34j8lkV>

WHEN:

January 28,
2021

10:00 -11:00 am

WHERE:

Virtual
Presentation

SPONSORED

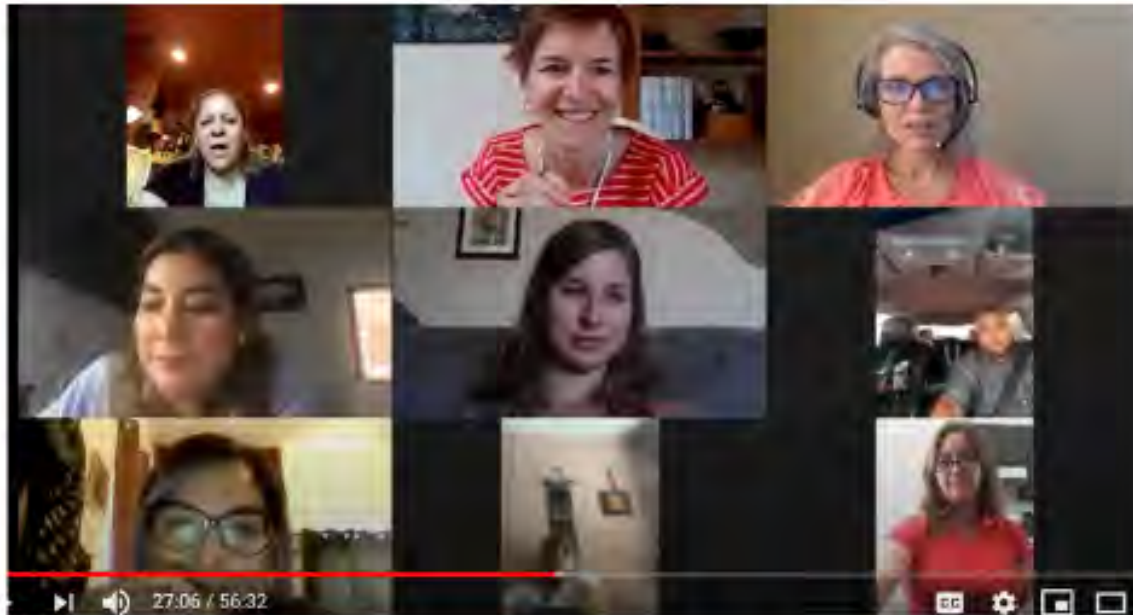
BY:

TUSD FAMILY
RESOURCE
CENTERS



Tucson Unified
Family Resource Centers

FRC Flyers (English and Spanish Examples) SY2020-21



Free English Language Classes for TUSD Parents- All Levels Welcome!



Classes meet from January 20 - May 14, 2021.
All classes meet twice a week for one hour



Classes are online via Zoom.



Space is limited! Sign up by January 11 at
<https://bit.ly/3a3UYhu>

Questions? Call Family Resource Center at (520) 584-7455
or Literacy Connects at (520) 882-8006 x 213

Classes provided by:



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Join us for Reading Seed Families!

A **FREE** five week online workshop series designed for parents and caregivers of children in grades K-5



Explore reading and writing strategies that can be used to create a fun, joyful literacy experience at home with kids



Learn with other parents and caregivers and Literacy Connects staff in a supportive and collaborative space



Receive free, age-appropriate books and writing resources for your family

"I think I've been feeling more confident. I felt like this layer of stress kind of dropped off a little bit and I felt more confident reading with her."

- Participating Amphi Parent

Sessions meet once a week for 90 minutes via Zoom

Visit www.literacyconnects.org/reading-seed-families to learn more and sign up



For more information, contact Cheryl at cgamm@literacyconnects.org

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MENLO FAMILY RESOURCE CENTER

FREE HEALTH SCREENINGS:

- Arterial Blood Pressure
- Glucose
- Cholesterol
- Physical Measurements
- Must be 18 years of age or older



**Call (520) 251-8548 to make an appointment
or leave a voicemail.**

**Thursday, April 22nd, 2021
1100 W Fresno St.
Tucson, AZ 85745
From 10 AM - 1 PM**

COVID-19 Precautions: All clients are required to wear masks.



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Servicios de Educación y Apoyo para la Familia

Juega y Aprende

¡Por favor, acompáñenos en estas actividades interactivas entre padre e hijos y ayude a su hijo(a) a desarrollar habilidades importantes a través del juego!

Las clases incluirán:

- ❖ tiempo de exploración
- ❖ actividades entre padres e hijos
- ❖ apoyo y educación para los padres y cuidadores de niños con edades entre los 0 y 5 años

Miércoles

21, 28 de abril

5, 12, 19 y 26 de mayo

10:00 – 10:45am en inglés

10:45 – 11:00am en español



¡Inscríbese hoy!
Gratis y abierto al público
Se requiere registro
Espacio es limitado

Para más información, contacte a:

Catalina Family Resource Center at 520-232-8684

Para registrarse, haga clic en el siguiente enlace:

<https://arizonaschildren.zoom.us/j/91711851513>



Patrocinado por:



Somos el mejor recurso en Arizona para ayudar a niños y familias.

For more information, visit us online at www.ArizonasChildren.org

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Get Tested

PROTECT YOUR FAMILY

Free COVID-19 test. No appointment needed. Walk-ups only.

April 8th & 13th: 1pm-5pm

Menlo Family Resource Center

1100 W. Fresno Street Tucson, AZ 85745

From the Downtown Ronstadt Center, Take bus 21 to Westmoreland/Fresno Head north toward Fresno St., Turn Right on Fresno St, Destination is on the Left.

From the Loop go west on ST. Mary's, Left on Grande Ave, Right on Fresno, Destination is on the Right



For more information, please contact the MC3
Program at 520-724-7147 or
PCHD.MC3@pima.gov



International Rescue Committee
MC3 Program 520-274-
0619

1217-002043