



PROJECT Enlightenment

Helping young children succeed at home, at school . . . in life.

PARENT WORKSHOPS 2017-2018



Welcome to a new year of parent workshops! Project Enlightenment is a comprehensive early childhood education and early prevention/intervention program through the Office of Early Learning of the Wake County Public School System.

Since 1969, we have worked with parents, teachers and caregivers, providing the knowledge and skills to help young children (birth through kindergarten age) be successful in school and in life.

Below is a listing of the variety of services that we offer.

Project Enlightenment Programs & Services

Teacher/Parent Consultation

Consultants are available, upon request from child-care centers, preschools and kindergartens in Wake County, to provide consultation around concerns about children's behavior, social development or learning. With parental permission, a child's teacher makes a referral for service by calling **919-856-7774**. The consultant, teacher and parents then work as partners to promote school success.

The Alice K. Burrows Parent Teacher Resource Center

Available for parents, teachers, and others interested in finding resources about young children, the Resource Center includes a lending library of books and videos, activity ideas and other materials concerning young children. Call **919-694-8990** for further information and hours.

Screening Program

Screening is available for three- and four-year-old children when parents have a specific concern about a child's development such as speech or language. Call **919-694-8993** for further information. All screening services are free of charge.

Two Demonstration Preschool Classrooms:

Two inclusive classrooms are located at Project Enlightenment. The use of best practices in early childhood education makes both of them excellent training sites for hundreds of educators and parents each year. Call **919-856-7774** for further information.

Parent Counseling

Free, short-term counseling is available as a support to help parents with concerns about child behavior and family issues affecting child development and learning. If you are facing challenging issues that impact you and your child, call **919-694-8991** to schedule an appointment.

Triple P: Positive Parenting Program at Project Enlightenment

Triple P is an internationally recognized evidence based program that gives parents the skills they need to raise confident and healthy children, manage behavior and prevent problems from happening in the first place.

For more information, please call **919-694-8991**

Facebook Page

Project Enlightenment stays abreast of important and interesting information and resources regarding young children birth through kindergarten. Information is shared through social media as well as through conventional methods such as flyers and brochures. Project Enlightenment does not share the personal information of our clients and patrons.

Parent Workshops

Workshops are available throughout the school year for parents of young children. Topics include discipline techniques, communication, school readiness, and child development. Call **919-856-7774 x 27025** for information about parent workshops. This brochure lists the workshops offered for **2017-2018**.

Parent Workshops 2017-2018

The Language of Self-Control: Teaching Children How to Regulate Their Own Behavior

For families with children 3 to 6 years of age.

What is self-regulation and how can the power of self-control be taught? In this workshop participants will learn ways to interact with their child that teaches self-control and supports the development of self-regulation.

This workshop is offered twice during the year.

Course No.: PPB1801

Date: September 28, 2017

Registration Deadline: Sept. 21, 2017

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$22/person, \$33/couple

Course No.: PPB1805

Date: February 1, 2018

Registration Deadline: Jan. 25, 2018

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$22/person, \$33/couple

Positive Discipline: Tools for Your Parenting Toolbox

For families with children 3 to 6 years of age.

Tired of tantrums? Weary of whining? Kids not listening? In this **three-session** workshop series on the foundations of positive discipline, parents will learn how to develop a firm, effective limit setting style, follow through with choices and consequences and prevent misbehavior before it starts. Each series is three weeks in length and includes a workbook of reference materials that you will be able to use for years to come.

This workshop is offered twice during the year.

Course No.: PPB1802

Dates: October 18, 26 & Nov. 1, 2017

Registration Deadline: Oct. 11, 2017

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$64/person, \$84/couple

Positive Discipline: Tools for Your Parenting Toolbox (cont.)

Course No.: PPB1808

Dates: April 19, 26 & May 3, 2018

Registration Deadline: Apr. 12, 2018

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$64/person, \$84/couple

Parenting Ones and Twos

For families with children 1 to 3 years of age.

Toddlerhood can be challenging for any parent. Come learn "what makes them tick." In this workshop, we will discuss discipline, development, and ways to communicate with a toddler that will increase cooperation and reduce power struggles.

Course No.: PPB1803

Date: November 30, 2017

Registration Deadline: Nov. 22, 2017

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$22/person, \$33/couple

Understanding and Supporting Your Shy, Cautious, or Anxious Child

For families with children 3 to 6 years of age.

Is your child shy, cautious, anxious or all of the above? In this workshop, a wide variety of worries, anxieties and fears of young children will be discussed and participants will be provided with strategies for helping children overcome them. *This workshop is offered twice during the year.*

Course No.: PPB1804

Date: December 7, 2017

Registration Deadline: Nov. 30, 2017

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$22/person, \$33/couple

Course No.: PPB1807

Date: March 1, 2018

Registration Deadline: Feb. 22, 2018

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$22/person, \$33/couple

Understanding the Minds of Boys

For families with children 3 to 6 years of age.

Boys have their own way of seeing and interacting with the world that so often leads to the mistaken impression that boys are difficult to manage and teach. Find out why boys are more likely to get into trouble and fall behind in school. Learn how neurological and hormonal differences impact boys' behavior and learning.

Course No.: PPB1806

Date: February 15, 2018

Registration Deadline: Feb. 8, 2018

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$22/person, \$33/couple

What Makes Them Tick: Understanding Your Child's Temperament

For families with children 3 to 6 years of age.

Why are some children so challenging while others seem so easy? In this workshop you will have the opportunity to identify your child's individual temperament traits and discuss strategies to nurture those traits into becoming your child's greatest strengths. This high energy, interactive presentation will give you new insight into understanding your child differently and ways to support him/her.

Course No.: PPB1809

Date: May 15, 2018

Registration Deadline: May 8, 2018

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Cost: \$22/person, \$33/couple

Tell your family & friends with little kids about
PROJECT ENLIGHTENMENT!

WORKSHOP REGISTRATION AND INFORMATION

About Parent Workshops...

Registration- There are two types of classes offered: single-session classes and multiple-session series. Some workshops are offered more than once. **Pre-registration is required for all classes or series.** Please note registration deadlines. Registration is on a first-come, first-served basis as class sizes are limited. Plan to arrive fifteen minutes early for your class to allow time to sign in and receive materials.

Instructors- Classes are taught by professionals who have advanced degrees and extensive experience in child development.

Workshop Location- Workshops are held at Project Enlightenment, 501 S. Boylan Ave., Raleigh, NC 27603 unless otherwise indicated.

Incident Weather- Project Enlightenment is part of the Wake County Public School System. If schools (or after school activities) are closed due to weather conditions, workshops will be cancelled and rescheduled. A new date will be emailed as soon as possible or visit our website at www.projectenlightenment.wcpss.net for re-scheduled class dates.

Child Care- Children are **not allowed to attend** workshops and children may not be left unattended in the building while parents attend workshops. Please make other child care arrangements for your children when attending any workshop.

Cancellation Policy- Project Enlightenment maintains a "no refund" policy unless a workshop is cancelled due to low enrollment. Participants will be notified one week in advance of the workshop start date if it is cancelled.

Registration Instructions...

There are two ways to register for workshops:

1. You may **register and pay online** through our website at www.projectenlightenment.wcpss.net
2. Complete the **registration form** and mail or bring it in with payment.

Payment:

Decide which workshop(s) you wish to attend. Indicate the course number and cost of each class on the registration form. Write total amount enclosed at bottom of form. Make checks payable to **Project Enlightenment**. (Fees can be adjusted based on financial need.)

Call 919-856-7774 x 27025 for more information.

Confirmation:

We will confirm your paid registration via email. If you do not have email, enclose a stamped, self-addressed envelope with your registration. We will mail confirmation back to you in this envelope.

Enclose:

1. Registration Form
2. Payment

Mail to:

Project Enlightenment
Parent Workshop Registration
501 S. Boylan Avenue, Raleigh, NC 27603

Registration Form

Please print clearly and **COMPLETE ALL PARTS OF THE FORM**. Send the completed form to Project Enlightenment at **501 S. Boylan Avenue, Raleigh, N.C. 27603**.
For additional registration forms or to register online visit www.projectenlightenment.wcpss.net

last name	first name	m.i.
spouse/second participant last name	first name	m.i.
street address	apt. no.	
city	zip	
primary phone	secondary phone	
email address (for confirmation of paid registration)		

✓	Course Number	Title	Date(s)	Cost	Total
	PPB1801	The Language of Self-Control: <i>Teaching Children How to Regulate Their Own Behavior</i>	9/28/2017	\$22/\$33	
	PPB1802	Positive Discipline: <i>Tools for Your Parenting Toolbox</i>	10/18, 26 & 11/1/2017	\$64/\$84	
	PPB1803	Parenting Ones and Twos	11/30/2017	\$22/\$33	
	PPB1804	Understanding and Supporting Your Shy, Cautious, or Anxious Child	12/7/2017	\$22/\$33	
	PPB1805	The Language of Self-Control: <i>Teaching Children How to Regulate Their Own Behavior</i>	2/1/2018	\$22/\$33	
	PPB1806	Understanding the Minds of Boys	2/15/2018	\$22/\$33	
	PPB1807	Understanding and Supporting Your Shy, Cautious, or Anxious Child	3/1/2018	\$22/\$33	
	PPB1808	Positive Discipline: <i>Tools for Your Parenting Toolbox</i>	4/19, 26 & 5/3/2018	\$64/\$84	
	PPB1809	What Makes Them Tick: <i>Understanding Your Child's Temperament</i>	5/15/2018	\$22/\$33	
				Total Cost »	

PROJECTenlightenment

Office of Early Learning
Wake County Public School System
501 S. Boylan Avenue
Raleigh, NC 27603
919-856-7774
www.projectenlightenment.wcpss.net

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Organization
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Raleigh, NC
Permit No. 1025



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Got Little Kids?

Want information that relates to young children, parenting, and community events,
then...

"LIKE" us on FACEBOOK!

We share useful information for those that have or work with
young children birth through Kindergarten age.