



## Parent University Workshop Descriptions

<b>WORKSHOP TITLE &amp; #</b>	<b>PRESENTER(S)&amp; ORGANIZATION</b>	<b>WORKSHOP DESCRIPTION</b>
New York's 529 College Savings Plan <b>101</b>	<b>George E. Makras</b> Upromise Investments	This workshop will describe this state-sponsored plan that helps parents save for college tuition, room and board, books, supplies and other higher education expenses. A discussion of how the program works, its costs and the <b>Upromise</b> rewards system is also on the agenda.
Public Awareness Contingency Training (PACT) <b>102</b>	<b>Stuart Bethel</b> <b>Office of Emergency Management</b>	Are you and your family prepared for emergencies and disasters? Make a PACT and join other families to learn how to prepare and recover from emergencies and disasters such as fires, blackouts, evacuations, injuries, storms and terrorist acts in this presentation.
Entrenamiento Publico de Contingencia y Conocimiento <b>103</b>	<b>Sandra Fischer</b> <b>Office of Emergency Management</b>	Está usted y sus familiares preparados para emergencias y desastres? Haga un PACTO y únase a otras familias para aprender a prepararse y recuperarse. Participe en el Entrenamiento Público de Contingencia y Conocimiento (PACT*), una presentación de una (1) hora ofrecida en un taller de la Universidad de los Padres. Se le informará sobre cómo prepararse y recuperarse en caso de emergencia y desastres, tales como incendios, cortes de corriente (apagones), evacuaciones, heridas, tormentas y atentados de terrorismo. *siglas en inglés
Fitness for Life <b>104</b>	<b>Greg DuSablón &amp; staff</b> YMCA	Join YMCA staff for a physical training and aerobic exercise workshop that promotes the relationship between daily physical fitness and healthy and long-term living. Be ready to work out and dress for movement. All participants will receive a free one month's membership to the Yonkers YMCA.

<b>WORKSHOP TITLE &amp; #</b>	<b>PRESENTER(S)&amp; ORGANIZATION</b>	<b>WORKSHOP DESCRIPTION</b>
<p>Helping Your Child Succeed in School</p> <p><b>105</b></p>	<p><b>Yvonne Prescod &amp; Aida Gonzalez</b></p> <p>EPIC</p>	<p>Identifies positive ways parents can become more involved in their child's school experience. Analyzes their children's present use of non-school time and explores ways to link their home and school experiences. Identifies and discusses effective steps that parents can take to develop relationships with the teacher and child to ensure academic success.</p>
<p>Ayudando a su Hijo a Tener Exito en la Escuela</p> <p><b>106</b></p>	<p><b>Carmen Irizarry</b> Y <b>Carla Cantillo</b></p> <p>EPIC</p>	<p>Identifica las formas positivas en que los padres pueden estar más involucrados en la experiencia escolar de sus hijos. Analiza el uso actual del tiempo de sus hijos fuera de la escuela y explora las formas de unir las experiencias del hogar y la escuela. Identifica y trata los pasos efectivos que los padres pueden tomar para desarrollar relaciones con el maestro(a) y el niño(a) para asegurar éxito académico.</p>
<p>Special Education: Connecting The Dots</p> <p><b>107</b></p>	<p><b>Gail Baxter</b> <b>Parent Coordinator</b></p> <p>Yonkers Public Schools</p>	<p>No more frustration and confusion about how to "navigate" special education policy and procedure. Obtain what your child needs to be successful in school. Participants will be given an opportunity to learn about how they can become successful advocates for their child. Topics include pre-referral strategies, an understanding of the Code of Conduct, planning for school/team meetings, parent conferences with teachers and administrators and community agency supports.</p>
<p>College Financial Aid Information Session</p> <p><b>108</b></p>	<p><b>Natalie Davy</b> <b>Assistant Director of Guidance</b></p> <p>Yonkers Public Schools</p>	<p>This workshop will provide families with the opportunity to understand financial aid programs available to anyone attending or planning to attend college. Topics cover will be federal and New York State aid, scholarships and filing deadlines and procedures. If you are a parent with a child who has not already completed a financial aid form for next year, this workshop is especially for you.</p>
<p>Let's Make Mathematics Fun!</p> <p>109</p>	<p><b>Christy Bevers</b> <b>Early Childhood Teacher</b></p> <p>Yonkers Public Schools</p>	<p>Parents will learn to help their children with counting, sorting and patterning. Children love learning mathematics concepts when using fun animal manipulatives. All learning materials will be given to parents at the end of the workshop.</p>

<b>WORKSHOP TITLE &amp; #</b>	<b>PRESENTER(S)&amp; ORGANIZATION</b>	<b>WORKSHOP DESCRIPTION</b>
Born to Read  110	<b>Judy Schavrien</b>  Riverfront Library	This fun program of songs, games, stories and information is for expectant and new parents. It offers suggestions on how to develop a love for reading in infants, babies and toddlers to help get children ready to learn when they start school. All participants will receive a free children's book.
Preparing quick, nutritious and healthy meals  111	<b>Ludie Minaya</b>  Green Gourmet Productions & Body and Soul	Need to know how to prepare quick, inexpensive and healthy meals? Want to learn how to cook by color, texture and balance of flavor? This workshop will encourage you to rely on your instincts to choose what's nutritious and right for your family. This workshop will provide easy techniques you can use that will make your meal preparation less a chore and more like a fun activity.
The Hudson River: America's First River  112	<b>Stephen Stanne</b>  NYS Department of Environmental Conservation	The Hudson River Estuary Interpretive Specialist, Mr. Stanne, will give a multimedia slide presentation about the Hudson River's environmental history and current developments along the waterfront. Participants will hear stories and songs about the Hudson River and have an opportunity to sing along as they learn about "America's First River".
<b>Making Your Gardens (Indoor and Outdoor) Thrive</b>  113	<b>Lucy Morenno-Casanova</b>  Groundwork Yonkers	Groundwork Yonkers in collaboration with the Greyston Community Garden program will provide expert assistance in indoor and outdoor plants. Come prepared with your questions and workshop staff will provide hands-on demonstrations on how to care for your plants and recognize potential problems. Take home a flowering plant in a pot you design.
<b>Understanding the Juvenile and Criminal Justice System</b>  114	<b>Rita Nelson</b> , Yonkers Public Schools  <b>Victor Mendez</b> , Yonkers Police Department	In New York State a juvenile is considered anyone over the age of seven years and under sixteen years of age. This workshop will focus on topics such as persons in need of supervision (PINS), juvenile delinquency and the role of Family Court as it pertains to children who have committed crimes.

<b>WORKSHOP TITLE &amp; #</b>	<b>PRESENTER(S)&amp; ORGANIZATION</b>	<b>WORKSHOP DESCRIPTION</b>
<b>College Admission: Planning Ahead</b>  <b>115</b>	<b>Laurie Austin</b> , Director of Recruitment, CUNY  <b>Abby Hirsch</b> , Recruitment Coordinator, Westchester, Putnam and Rockland/CUNY	This workshop will address the importance of starting the college planning process early, and the important role that parents can play. Academic preparation, financial aid information, and the transition to higher education will all be discussed. The differences between public and private institutions, and an overview of The City University of New York's colleges and academic programs will be discussed.
<b>The Right to Vote in a Democracy</b>  <b>116</b>	<b>Andrea Stewart Cousins</b>  New York State Senator	This workshop will provide an overview of voting right and explore citizen's rights and responsibilities as voters. Also discussed is the importance of an informed and educated populace in the continuation of our democratic principles.
<b>Money Matters</b>  <b>117</b>	<b>Dennis McDermott</b>  JP Morgan Chase Bank	This fast-paced session will help to clarify your family financial goals and help you prevent the financial disaster that can occur without knowledge or planning. After completing this workshop, you will be able to avoid "money traps", increase your understanding of credit, credit score, debt control and learn about defining and saving for your dreams. You will meet the "millionaire next door" and learn how people become financially well-off. You'll be given some tools to take home to work on your family money plan.
<b>El Dinero es Importante</b>  <b>118</b>	<b>Melvin Orellana</b>	Esta rápida sesión ayudará a clarificar sus objetivos financieros familiares y lo ayudará a prevenir el fracaso financiero que puede ocurrir al carecer de conocimiento o planificación. Después de terminar este taller, usted podrá evitar "trampas monetarias", acrecentar su entendimiento acerca del crédito, calificación de crédito personal, control de deudas y aprender a determinar como ahorrar y llevar a cabo sus sueños. Usted encontrará al "Vecino Millonario" y aprenderá como uno se convierte en un individuo con buena condición financiera. Se le proporcionará algunos consejos para que formen un plan monetario familiar para su hogar.