



PROJECT Enlightenment

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

PARENT WORKSHOPS 2019-2020



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

For **FIFTY** years, 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 many varied services that we offer.

Project Enlightenment Programs & Services

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 services are available for three- and four-year-old children when parents have a concern about their child's development. A screening consists of engaging activities for children that provide information for the parents on how their child is developing. Parents observe and also participate in the screening. 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.

Teacher/Parent Consultation

Project Enlightenment provides consultation in early childhood classrooms around individual children. Teacher Parent Consultants (TPCs) address classroom difficulties with behavior, social development and learning for children enrolled in preschools and child care facilities in Wake County. Requests for consultation can be made by directors/teachers. In public school kindergartens and in collaboration with School Intervention Teams, TPC's provide support to parents/families of public kindergarten children. Requests for consultation are made by elementary school principals. Call **919-856-7774** for more information.

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 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 occurring in the first place. For more information, please call **919-694-8991**.

Parent Workshops

Workshops are available throughout the school year for parents of young children. Topics include discipline techniques, communication, school readiness, and child development. All workshops occur at Project Enlightenment from 6:30 pm until 8:30 pm. Fees are listed on the registration page.

Call **919-856-7774 x 27025** for more information about workshops. This brochure lists the workshops offered for the **2019-2020** school year.

Parent Workshops 2019 - 2020

Please NOTE:

All workshops occur at
Project Enlightenment
from **6:30 pm** until **8:30 pm**
and fees are

\$22 a person or **\$33 a couple**
for one session workshops.

Exception: The fee is
\$64 a person and **\$84 a couple** for the
three-session Positive Discipline workshop.

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.

Course No.: PPB2001

Date: September 19, 2019

Registration Deadline: Sept. 12, 2019

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.: PPB2002

Date: September 26, 2019

Registration Deadline: Sept. 19, 2019

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.*

The Language of Self-Control (cont)

Course No.: PPB2003

Date: October 10, 2018

Registration Deadline: Oct. 3, 2019

Course No.: PPB2008

Date: Feb. 27, 2020

Registration Deadline: Feb. 20, 2020

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. This series meets once a week for a three week period and includes a workbook of reference materials that you will be able to use for years to come. *This workshop series is offered twice during the year.*

Course No.: PPB2004

Dates: October 15, 22 & 29, 2019

Registration Deadline: Oct. 8, 2019

Course No.: PPB2011

Dates: March 18, 25 & April 1, 2020

Registration Deadline: Mar. 11, 2020

Help Me Help Myself: Using Conscious Discipline® to Promote Independence and Autonomy

For families with children 3 to 6 years of age.

Are you tired of picking up all the toys, begging your child to go to bed, or to get dressed, or to just get in the car? If so, this session is for you, come learn how visual schedules and routines can change your home from chaotic to calm. We will learn how to build connections using "I Love You Rituals" that will strengthen the adult-child bond and rewire the brain for impulse control and cooperation.

Course No.: PPB2005

Date: October 24, 2019

Registration Deadline: Oct. 17, 2019

Parenting Through Power Struggles: This Too Shall Pass!

For families with children 3 to 6 years of age.

Power struggles are a normal part of the parenting journey, but one of the most challenging to handle. This informative workshop will teach parents how to recognize triggers and respond in new ways that are calming, neutral, and productive. This workshop will provide strategies on ways to survive the power struggles and also on ways to avoid them altogether. *This workshop is offered twice during the year.*

Course No.: PPB2006

Date: November 7, 2019

Registration Deadline: Oct. 31, 2019

Course No.: PPB2010

Date: March 12, 2020

Registration Deadline: Mar. 5, 2020

Coaching Social Skills with Young Children: Moving Beyond "Please" and "Thank You"

For families with children 3 to 6 years of age.

Social competence predicts future success in school and in life. Participants will learn about age-appropriate social skills as well as ways to help children practice and master skills such as reading social cues, cooperation, and collaboration with others.

Course No.: PPB2007

Date: December 5, 2019

Registration Deadline: Nov. 28, 2019

Parenting Ones and Twos

For families with children 12 months to 3 years of age

Join us for an exciting and informative session with a focus on the importance of routines, learning through play, promoting independence and self esteem! Learn how to provide language and literacy rich opportunities for your toddler as well as helpful strategies for managing challenging behaviors.

Course No.: PPB2009

Date: March 10, 2020

Registration Deadline: Mar. 3, 2020

Please call **919-856-7774 x 27025** for more information or
visit our website at wcpss.net/projectenlightenment

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.

Inclement 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 wcpss.net/projectenlightenment 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. Participants will be notified 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 wcpss.net/projectenlightenment
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 wcpss.net/projectenlightenment

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 only. We do not share email addresses.)		

✓	Course Number	Title	Date(s)	Cost	Total
	PPB2001	Understanding and Supporting Your Shy, Cautious, or Anxious Child	9/19/2019	\$22/\$33	
	PPB2002	Understanding the Minds of Boys	9/26/2019	\$22/\$33	
	PPB2003	The Language of Self-Control: <i>Teaching Children How to Regulate Their Own Behavior</i>	10/10/2019	\$22/\$33	
	PPB2004	Positive Discipline: <i>Tools for Your Parenting Toolbox</i>	10/15, 22 & 29/2019	\$64/\$84	
	PPB2005	Help Me Help Myself: <i>Using Conscious Discipline® to Promote Independence and Autonomy</i>	10/24/2019	\$22/\$33	
	PPB2006	Parenting Through Power Struggles: <i>This Too Shall Pass!</i>	11/7/2019	\$22/\$33	
	PPB2007	Coaching Social Skills with Young Children: <i>Moving Beyond "Please" and "Thank You"</i>	12/5/2019	\$22/\$33	
	PPB2008	The Language of Self-Control: <i>Teaching Children How to Regulate Their Own Behavior</i>	2/27/2020	\$22/\$33	
	PPB2009	Parenting Ones and Twos	3/10/2020	\$22/\$33	
	PPB2010	Parenting Through Power Struggles: <i>This Too Shall Pass!</i>	3/12/2020	\$22/\$33	
	PPB2011	Positive Discipline: <i>Tools for Your Parenting Toolbox</i>	3/18, 25 & 4/1/2020	\$64/\$84	
				Total Cost »	



PROJECTenlightenment

Office of Early Learning
Wake County Public School System
501 S. Boylan Avenue
Raleigh, NC 27603

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Did you know...

...that Project Enlightenment is an early education and prevention program under the Office of Early Learning of the Wake County Public School System and has served young children, their families and educators for FIFTY years? Please call or check out our website for information on all of the programs and services that Project Enlightenment offers.

The WCPSS Office of Early Learning (OEL) is a department of the Wake County Public School System with a focus on serving children birth through age 5 and their families. A variety of services are offered including prevention programs (Project Enlightenment) and direct services for children (Preschool Programs). Children having a strong foundation is crucial to school success.



- 501 S. Boylan Ave., Raleigh, N.C.
- 919-856-7774 •
- wcpss.net/projectenlightenment •