



PROJECTenlightenment

PARENT WORKSHOPS 2021-2022

Welcome to a new year of parent workshops offered by Project Enlightenment. Project Enlightenment is an excellent resource for those that have or work with young children birth through age 5.

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. We provide parents, teachers and caregivers with the knowledge and skills to help young children (birth through age 5) be successful in school and in life.

For over 50 years, Project Enlightenment has offered a variety of workshops, resources, prevention, intervention, consultation and education services to the people of Wake County. See our listing of available programs and services that follows.

Project Enlightenment Programs & Services

The Alice K. Burrows

Parent Teacher Resource Center (PTRC)- The PTRC contains a variety of resources, equipment, and materials for Wake County residents including parents and teachers of young children birth through age 5. Resources include a lending library and video collection of over 10,000 items and a Production Area for creating learning materials to use with young children. The specialized collection includes books on a variety of topics including child development, parenting and teaching techniques. Email ptrc@wcpss.net or call for more information. **919.694.8990**

Teacher Parent Consultation- 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 are 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 intervention team facilitators and principals. **919.856.7774**

Developmental Screenings- Screening services are available when concerns arise about a 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. Parents can make a screening appointment by calling **919.694.8993**.

Demonstration Preschool Classrooms for Four-Year

Olds- Project Enlightenment offers two innovative preschool classrooms, the Demonstration Preschool (DPS) classroom and the Blended Classroom (BC). The Blended Classroom (BC), combines NC PreK, Title 1 PreK and special education pre-kindergarten. As a full-day program, it emphasizes research-based early literacy practices in an inclusive environment. The Demonstration Preschool (DPS) classroom is an inclusive half-day pre-kindergarten classroom. It serves both children with developmental concerns and typically developing children. **919.856.7774**

Ready to Learn Centers- Project Enlightenment's Ready to Learn Centers (RTL) offer developmentally appropriate learning activities for children 18 months to 5 years of age and their families within Wake County. Parents and children

attend together and activities are designed to provide parents with information to be used at home to promote continued development. Services may be offered in-person or conducted virtually. In-person services occur at five elementary schools in Wake County. Most RTL services operate on a traditional school year calendar and are closed during the summer months. Email rtl@wcpss.net or call for more information. **919.856.7774**

Parents as Teachers Program- Parents as Teachers (PAT) is an internationally acclaimed parenting education program for families with children birth through age five. PAT uses a research and evidence-based curriculum. Parent Educators help families understand child development and encourage their children to become enthusiastic learners. Home visiting, group connections, screening, and referral are all part of the program. Parents as Teachers is available on a referral basis to families who meet grant guidelines. **919.856.7774**

Parent Workshops- Project Enlightenment offers classes on topics related to parenting young children. Classes are held from September to May of each year. Visit our website at wcpss.net/projectenlightenment to download a brochure, get more information or to register online. **919.856.7774**

Parent Counseling- Project Enlightenment offers short-term counseling at no cost for parents with concerns about child behavior or development that may impact school success. Services are available for families of young children birth through age 5. **919.694.8991**.

Triple P (Positive Parenting Program)- This evidence-based program gives parents the skills they need to raise confident and healthy children while putting strategies in place to manage and prevent behavior challenges. Triple P is embedded within many of the programs at Project Enlightenment. **919.694.8991**.

Facebook Page- "Like" our page on Facebook for updates on our services and tidbits of information that are relevant to young children.

Project Enlightenment Website- Check out our website for updates on our services, Wake County Public Schools information and other information that is relevant to young children, families and educators.
www.wcpss.net/projectenlightenment.

Project Enlightenment is here to help you help young children succeed at home, at school and in life.

Parent Workshops 2021 - 2022

~ SPECIAL NOTE ~

Project Enlightenment is offering both virtual and in-person workshop sessions. Please read each workshop description carefully so you will know the type of session that is being offered. Virtual workshops will happen in real time and per WCPSS policy cannot be recorded for later viewing and may not be recorded by participants.

The Language of Self-Control

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 strategies to interact with their child that teach self-control and support the development of self-regulation.

This workshop is offered twice during the year.

Course No.: PVB2201-Virtual

Date: September 28, 2021

Registration Deadline: Sept. 21, 2021

Time: 6:30 - 8:00 p.m.

Location: Project Enlightenment

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

The Outdoorsy Family: Fostering a Love for Nature and Outdoor Play

For families with children 3 to 6 years of age.

In this workshop, parents will learn fun and educational ways to connect with their children outdoors. Spending time in nature provides numerous physical and mental health benefits for both children and adults. Participants will learn what the research shows and will leave with practical tools for making outdoor time safe, meaningful, and enjoyable for everyone involved.

Course No.: PVB2202- Virtual

Date: October 14, 2021

Registration Deadline: Oct. 7, 2021

Time: 6:30 - 8:00 p.m.

Location: Project Enlightenment

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

Understanding and Supporting your Intense, Challenging or Highly Active Child

For families with children 3 to 6 years of age.

Is your child, intense, challenging or active? In this workshop participants will identify factors that contribute to these types and behaviors and strategies for helping these children overcome them. when necessary.

This workshop is offered twice during the year.

Understanding and Supporting your Intense, Challenging or Highly Active Child (cont.)

Course No.: PVB2203- Virtual

Date: October 26, 2021

Registration Deadline: Oct. 19, 2021

Time: 6:30 - 8:00 p.m.

Location: Project Enlightenment

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

Parenting and Tackling the Toddler Years

For families with children 15 months to 3 years of age.

Ahh! The toddler years! A time of great cognitive, social and emotional development! Join us for this informative workshop as we learn all about Toddler's unique developmental needs, the importance of routines and play, ways to foster independence and self-esteem and the importance of language and emotional literacy development. Common challenging behaviors that the toddler years present will be reviewed, and participants will leave with practical tips and strategies to lessen these behaviors.

This workshop is offered twice during the year.

Course No.: PVB2204- Virtual

Date: November 3, 2021

Registration Deadline: Oct. 28, 2021

Time: 6:30 - 8:00 p.m.

Location: Project Enlightenment

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

The Many Faces of Anxiety in Young Children

For families with children 3 to 6 years of age.

Anxiety in young children may look like clinginess, fear, and worry, but it may also look like irritability and difficulty focusing. In this workshop, participants will learn how to view some challenging behaviors through the lens of Anxiety, rather than just misbehavior. Specific strategies will be shared to enable parents to support their children.

This workshop is offered twice during the year.

The Many Faces of Anxiety in Young Children (cont.)

Course No.: PVB2205- Virtual

Date: November 16, 2021

Registration Deadline: Nov. 9, 2021

Time: 6:30 - 8:00 p.m.

Location: Project Enlightenment

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

Parenting Through Power Struggles: This Too Shall Pass!

For families with children 3 to 6 years of age.

Tantrums 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 not only to survive the meltdowns, but to actually learn from them.

Course No.: PVB2206- Virtual

Date: December 8, 2021

Registration Deadline: Dec. 1, 2021

Time: 6:30 - 8:00 p.m.

Location: Project Enlightenment

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

Fostering Positive Sibling Relationships

For families with children 3 to 6 years of age.

Sibling relationships sometimes foster jealousy and competition, but with some guidance they have the potential to teach kids how to get along well with others. Learn practical skills to help kids share, reduce sibling rivalry, and create more peaceful interactions between siblings.

Course No.: PPB2207- In-Person

Date: January 19, 2022

Registration Deadline: Jan. 12, 2022

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

Location: Project Enlightenment

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

Serving young children and the adults in their lives for 50 plus years!

Parent Workshops 2021 - 2022

Taking Care of Baby and YOU!

For families with babies ages 3 months through one year.

You've got the baby, but who has you? Join us as we share activities on how to connect, care and optimize your baby's development while not forgetting about exploring ways to help take care of YOU as well!

Course No.: PPB2208- In-Person

Date: January 27, 2022

Registration Deadline: Jan. 20, 2022

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. Boys are also more likely to receive disciplinary actions and have achievement gaps in school. Find out how neurological and hormonal differences impact boys' behavior and learning.

Course No.: PPB2209- In-Person

Date: February 10, 2022

Registration Deadline: Feb. 3, 2022

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

Location: Project Enlightenment

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

The Language of Self-Control

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 teach self-control and support the development of self-regulation.

Course No.: PPB2210- In-Person

Date: February 15, 2022

Registration Deadline: Feb. 8, 2022

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

Location: Project Enlightenment

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

Understanding and Supporting your Intense, Challenging or Highly Active Child

For families with children 3 to 6 years of age.

Is your child, intense, challenging or active? In this workshop participants will identify factors that contribute to these types and behaviors and strategies for helping these children overcome them, when necessary.

Course No.: PPB2211- In-Person

Date: March 15, 2022

Registration Deadline: Mar. 8, 2022

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

Location: Project Enlightenment

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

Parenting and Tackling the Toddler Years

For families with children 15 months to 3 years of age

Ahh! The toddler years! A time of great cognitive, social and emotional development! Join us for this informative workshop as we learn all about Toddler's unique developmental needs, the importance of routines and play, ways to foster independence and self-esteem and the importance of language and emotional literacy development. Common challenging behaviors that the toddler years present will be reviewed, and participants will leave with practical tips and strategies to lessen these behaviors.

Course No.: PPB2212- In-Person

Date: March 29, 2022

Registration Deadline: Mar. 22, 2022

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

Location: Project Enlightenment

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

The Many Faces of Anxiety in Young Children

For families with children 3 to 6 years of age.

Anxiety in young children may look like clinginess, fear, and worry, but it may also look like irritability and difficulty focusing. In this workshop, participants will learn how to view some challenging behaviors through the lens of Anxiety, rather than just misbehavior. Specific strategies will be shared to enable parents to support their children.

Course No.: PPB2213- In-Person

Date: April 5, 2022

Registration Deadline: Mar. 28, 2022

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. This series is three weeks in length and includes a workbook of reference materials that you will be able to use for years to come.

Course No.: PPB2214- In-Person

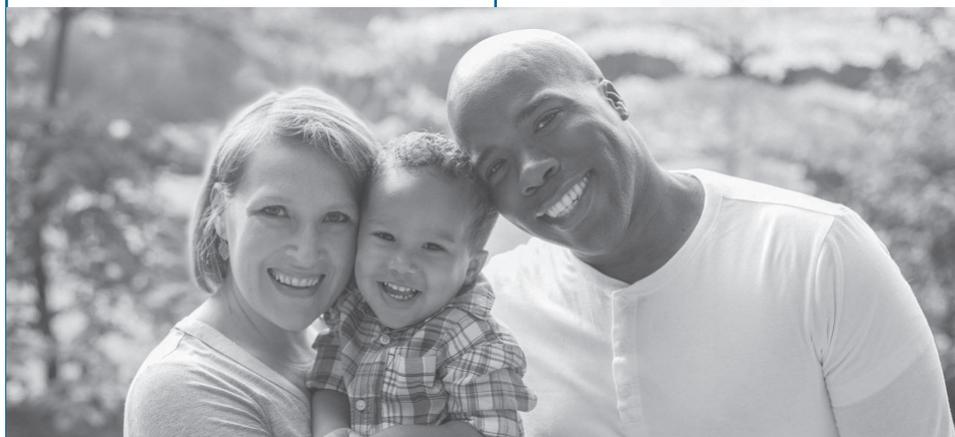
Dates: May 4, 11 & 18, 2022

Registration Deadline: Apr. 27, 2022

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

Location: Project Enlightenment

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



Parent Workshops 2021 - 2022

REGISTRATION INFORMATION

INTENDED AUDIENCE

All workshops, virtual and in-person, are intended for parents of young children three- to five-years of age. Workshops for parents of toddlers one to three years of age will also be offered. Workshops are one and a half hours in length. All virtual workshops will occur on the Google Meet platform and in-person workshops will occur at Project Enlightenment. Per WCPSS policy, workshops may not be recorded for later viewing and may not be recorded by participants.

REGISTRATION

Enrollment is limited. Register early as registration is on a “first-come, first-served” basis upon receipt of registration and payment. Online and Mail-In Registration options are available.

MAIL- IN REGISTRATION

The mail-in registration form is located on the following page and is available online for download. Mail-in registrations, along with payment must be received two weeks prior to the scheduled event. Print the registration form, complete it, make a copy, and mail it along with payment (checks must be made out to Project Enlightenment) to Project Enlightenment, Parent Workshop Registration, 501 S. Boylan Avenue, Raleigh NC 27603. Once registration and payment are received an email confirmation will be sent.

ONLINE REGISTRATION

You can register and pay online through our website at <https://peworkshops.wcpss.net>. Complete the registration portion and pay online by credit card (Master Card, Visa, and Discover Card only). All transactions are securely handled by Wells Fargo’s Elavon Virtual Merchant. Once registration and payment are processed an email confirmation will be sent.

CONFIRMATION OF REGISTRATION

Virtual Workshops: You will receive two emails. The first will provide confirmation of your registration. The second email (closer to the scheduled workshop date) will contain the link to login. If you do not receive the second email within 24 hours of the scheduled workshop, please email tveno@wcpss.net or call 919.856.7774 x 27025. Please plan to log-in 10 minutes prior to the scheduled workshop time to ensure connectivity and that your microphone and chat features are working properly. Please know that the presenter will begin promptly as scheduled and that workshops will not be recorded and may not be recorded by participants.

In-Person Workshops: You will receive an email providing confirmation of your registration to attend the in-person workshop. If you do not receive an email confirmation, please email tveno@wcpss.net. Please know that the presenter will begin promptly as scheduled.

INCLEMENT WEATHER POLICY

Inclement weather will not affect any virtual workshops- they will occur regardless of school cancellations or closings. Timely communication will be provided regarding cancellation or rescheduling of any in-person workshops affected by inclement weather.

CHILD CARE

Childcare is NOT provided. Please make other arrangements for your children when attending in-person workshops.

CANCELLATIONS

Project Enlightenment maintains a no refund policy unless a workshop or series is cancelled by Project Enlightenment. Low enrollment may cause a class to be cancelled. In that event, we will alert participants one week prior to class that enrollment is low and may be cancelled. If a workshop or series is cancelled, we will notify you of any cancellations three days before the class starts.

QUESTIONS?

Please contact Teresa Veno via email at tveno@wcpss.net or call 919.856.7774 x 27025.

WEBSITE

To learn more about workshop offerings, visit our website at wcpss.net/projectenlightenment.



WORKSHOP REGISTRATION AND INFORMATION

Registration & Payment Options

There are two options to register for workshops:

ONLINE: Individuals may register and submit secure payment online via the Parent's tab on our website at <https://peworkshops.wcpss.net>. Payments are processed through Wells Fargo's Elavon Virtual Merchant. All information received is kept confidential and is not shared with other groups, agencies, or individuals. Once registration and payment are received, an email confirmation will be sent.

MAIL-IN: Complete a registration form by entering the cost of each workshop in the "Total" column. Enter the sum total of all workshops in the "Total Cost" box. Make checks payable to Project Enlightenment. (Fees can be adjusted based on financial need. Call **919-856-7774 x27025** for more information.) Registration is ONLY processed when actual payment is received.

Mail payment along with registration form to:

PROJECT ENLIGHTENMENT
Parent Workshops
501 S. Boylan Avenue
Raleigh, NC 27603

Confirmation of Registration

Confirmations for virtual and in-person workshops will ONLY be sent via email and ONLY after payment is received. Please write your email address legibly.

Personal Contact Information

Personal information provided for registration purposes, including phone numbers, mailing address and email addresses are for Project Enlightenment use only and will not be shared with anyone outside of Project Enlightenment. Phone numbers are used to contact participants in the event a workshop is cancelled. Email addresses are used for workshop confirmations, communications from the workshop instructors, and for periodic informational emails. To be removed from any Project Enlightenment mailing lists, contact tveno@wcpss.net.

SPECIAL NOTE

Project Enlightenment is offering both virtual and in-person workshop sessions. PVB indicates a VIRTUAL workshop and PPB indicates an IN-PERSON workshop.

Registration Form

Please print clearly and COMPLETE ALL PARTS OF THE FORM.

Send the completed form along with payment to

PROJECT ENLIGHTENMENT

501 S. Boylan Avenue, Raleigh, N.C. 27603.

For additional registration forms or to register online visit

www.wcpss.net/projectenlightenment.

| | | |
|-------------------------------------|------------|------|
| last name | first name | m.i. |
| spouse last name/second participant | first name | m.i. |
| street address | apt. no. | |
| city | zip | |

| ✓ | Course Number | Title | Date(s) | Cost | Total |
|--------------|---------------|---|--------------------|-----------|-------|
| | PVB2201 | The Language of Self-Control | 9/28/2021 | \$22/\$33 | |
| | PVB2202 | The Outdoorsy Family | 10/14/2021 | \$22/\$33 | |
| | PVB2203 | Understanding and Supporting Your Intense, Challenging or Highly Active Child | 10/26/2021 | \$22/\$33 | |
| | PVB2204 | Parenting and Tackling the Toddler Years | 11/3/2021 | \$22/\$33 | |
| | PVB2205 | The Many Faces of Anxiety in Young Children | 11/16/2021 | \$22/\$33 | |
| | PVB2206 | Parenting Through Power Struggles | 12/8/2021 | \$22/\$33 | |
| | PPB2207 | Fostering Positive Sibling Relationships | 1/19/2022 | \$22/\$33 | |
| | PPB2208 | Taking Care of Baby and YOU! | 1/27/2022 | \$22/\$33 | |
| | PPB2209 | Understanding the Minds of Boys | 2/10/2022 | \$22/\$33 | |
| | PPB2210 | The Language of Self-Control | 2/15/2022 | \$22/\$33 | |
| | PPB2211 | Understanding and Supporting Your Intense, Challenging or Highly Active Child | 3/15/2022 | \$22/\$33 | |
| | PPB2212 | Parenting and Tackling the Toddler Years | 3/29/2022 | \$22/\$33 | |
| | PPB2213 | The Many Faces of Anxiety in Young Children | 4/5/2022 | \$22/\$33 | |
| | PPB2214 | Positive Discipline: Tools for Your Parenting Toolbox | 5/4, 11 & 18/ 2022 | \$64/\$84 | |
| Total Cost » | | | | | |

PROJECTenlightenment

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



Non-Profit
Organization
US Postage

PAID
Raleigh, NC
Permit No. 1025

PROJECT ENLIGHTENMENT

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

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 age 5.