

Irvine Unified School District -- Guidance Resources

# Family Life Matters

March-April 2007

The following workshops, classes, events and support groups are available in our community.

Organizations interested in listing events are invited to mail, e-mail or fax information

(*Day, date, time, title, description, location/presenter/telephone # and fee*) to:

Ruby Alvarez, IUSD Guidance Resources, 5050 Barranca Parkway, Irvine, CA 92604

Phone: 949-936-7988; Fax: 949-936-7989; [Ralvarez@iusd.org](mailto:Ralvarez@iusd.org)

Deadline for submission of listings for the April– May issue is March 24

*Family Life Matters* is a convenient resource for the community -- it is not a recommendation or guarantee of any classes/events, etc. Community members wishing to be added to the e-mail list should also contact Ruby Alvarez.

## **PARENTING/FAMILY-RELATED CLASSES**

-- Multiple-session classes usually 3 to 9 weeks (e.g., 4 Mondays) for parents and other adults, teens and children.

## **WORKSHOPS/PRESENTATIONS/SEMINARS**

-- One-session offerings usually lasting from one to 2 hours, for individual adults or children, couples, or families.

## **ONGOING CLASSES/WORKSHOPS/SUPPORT GROUPS/PROGRAMS**

## **OTHER COMMUNITY RESOURCES**

## **INTERNET RESOURCES**

## **IMPORTANT INFORMATION FOR OUR COMMUNITY**

## **PROGRAM HIGHLIGHT**

## PARENTING / FAMILY RELATED CLASSES

DATE, DAY, TIME	TITLE	DESCRIPTION	LOCATION/ PRESENTER	PHONE	FEE
<p>Tuesday Mornings</p> <p>9:11:30 am</p> <p>Starting Feb 27, 2007 To April 09, 2007</p>	<p>ACTIVE PARENTING NOW</p> <p>(For parents of children 2 - 12)</p> <p>(Unfortunately no child care is available)</p>	<p>Active Parenting is a 7-Week video and discussion workshop for parents, teachers and mentors of children 2 – 12. Whether you are taking the course for the first time or as a “refresher course,” you will meet new friends, find support and have fun. Explore effective problem-solving skills, understand your child’s thinking, make responsibility a reality, follow through with dignity and respect, create cooperative kids and meet family challenges together.</p>	<p>Sponsored by IUSD Guidance Resources</p> <p>At Yale Loop Conference Center (old Alderwood school) Room P18</p> <p>Facilitator(s): Cheri Wood, MA IUSD Guidance Resources</p>	<p>To Register Call Irvine Adult School</p> <p>949-936-7457</p> <p><a href="http://www.irvineadultschool.org">www.irvineadultschool.org</a></p>	<p>\$45 Per Person \$55 Per Couple</p> <p>(Non-Refundable)</p> <p>(Includes book and materials)</p>
<p>Wednesdays Evenings</p> <p>7pm – 9pm</p> <p>Starting Feb. 28, 2007 to April 10, 2007</p>	<p>ACTIVE PARENTING OF TEENS</p> <p>(For parents of teens and preteens)</p> <p>(Unfortunately no child care is available)</p>	<p>Active Parenting of Teens is a 7-Week video workshop for parents, teachers and mentors of children 12 and older, who would like to adequately prepare for the situations that may arise in any home with pre-teens and teens. Join us and look at some effective ways to instill courage and self-esteem, develop responsibility, win cooperation, increase positive communication, and deal with challenging topics, like values, sexuality, alcohol and other drugs.</p>	<p>Sponsored by IUSD Guidance Resources</p> <p>At Guidance Resources (Portable behind Woodbridge High School)</p> <p>Facilitator(s): Cheri Wood, MA IUSD Guidance Resources</p>	<p>To Register Call Irvine Adult School</p> <p>949-936-7457</p> <p><a href="http://www.irvineadultschool.org">www.irvineadultschool.org</a></p>	<p>\$45 Per Person \$55 Per Couple</p> <p>(Non-Refundable)</p> <p>(Includes book and materials)</p>
<p>Friday Mornings</p> <p>9:30 am–11:30am</p> <p>Starting March 2, 2007 to April 06, 2007</p>	<p>HELPING YOUR CHILD SUCCEED IN SCHOOL</p> <p>(For Elementary and Middle School Parents ages 5-14)</p>	<p>Parents will get key information on establishing healthy homework habits and a good relationship with teachers and school. Avoid homework battles and promote attitudes that lead to school success. Parents will find support to problem-solve school adjustment difficulties and learn to encourage and coach with academics and children’s self-esteem.</p>	<p>Sponsored by IUSD Guidance Resources</p> <p>At Irvine High School in class P14</p> <p>Facilitator(s): Cheri Wood, MA IUSD Guidance Resources</p>	<p>To Register Call Irvine Adult School</p> <p>949-936-7457</p> <p><a href="http://www.irvineadultschool.org">www.irvineadultschool.org</a></p>	<p>\$25 per person</p> <p>(Non-Refundable)</p>

<p>Thursday Mornings</p> <p>Starting 9:30 to 11:30 am</p> <p>March 1, 2007 To April 12, 2007</p>	<p>ACTIVE PARENTING FOR STEP-FAMILIES</p>	<p>This New Class is a powerful video-based program to help parents and step-parents guide their kids through the transition to a new family, meet the ongoing challenges of stepfamily living, build a parenting team and strengthen marriages. Couples can examine their parenting styles, prepare for challenges, learn communication skills and manage conflicts. Avoid the pitfalls and meet the challenges unique to step-family living with the valuable skills and information offered in this workshop.</p>	<p>Sponsored by IUSD Guidance Resources At Guidance Resources (Portable behind Woodbridge High School)</p> <p>Facilitator(s): Cheri Wood, MA IUSD Guidance Resources</p>	<p>To Register Call Susan Holt</p> <p>949-936-7987</p> <p><a href="http://www.irvineadultschool.org">www.irvineadultschool.org</a></p>	<p>\$45 per person \$55 per couple</p> <p>(Non-Refundable)</p>
<p>Thursday Evenings</p> <p>Starting 630-9:30pm</p> <p>March 29,2007 To June 07, 2007</p>	<p>CUIDAR - A Special Parenting Series</p> <p>For Attention and Learning</p>	<p>UCI &amp; CHOC are collaborating on a series of parenting education classes that targets pre-school children who have problems in the areas of attention and behavior. This 10-week series has a component for both the parents and the pre-school child.</p>	<p>Sponsored by IUSD Early Childhood Learning center</p> <p>At Early Childhood Learning Center</p> <p>1 Smoketree Lane Irvine</p> <p>Materials Included</p>	<p>To Register Call</p> <p>949-824-2462</p>	<p>Free</p>
<p>Wednesday Evenings 7pm to 9pm Starting Feb 21</p> <p>And</p> <p>Thursday Morning 9:30-11:30 am Starting Feb 22</p>	<p>DEVELOPING CAPABLE YOUNG PEOPLE</p>	<p>An 8 week workshop for parents with children of any age, to help raise responsible, self-reliant, respectful, resourceful and resilient children and teen who will have skills, perceptions and attitudes needed to bounce back from challenges and confidence for the future. Follow through with dignity and respect, understand the barriers and builders to good communication and skill-building in your family, raise capable kids.</p>	<p>Sponsored by IUSD Guidance Resources</p> <p>At: Bonita Canyon Elementary School</p> <p>1 Sundance Irvine</p>	<p>To Register Call Susan Holt 949-936-7987</p> <p><a href="http://www.irvineadultschool.org">www.irvineadultschool.org</a></p>	<p>\$60 per person \$75 per couple</p> <p>(Non-Refundable)</p>
<p>Thursday Evenings 7-9pm</p> <p>Starting Feb 29, 2007</p>	<p>PARENTING IN A NEW CULTURE</p> <p>For Parents of (5-18 yrs)</p>	<p>All parents love their children and want the best for them. But family values and parenting practices are not the same in all cultures and it can be especially difficult to raise children in an unfamiliar, multicultural, community like Irvine. New and different influences on children and families can be challenging. Children may not behave in traditional ways and may not want the same thing their parents want, causing confusion, misunderstandings and pain. This NEW class will provide support and problem-solving help to understand and deal with the challenge of adjusting to life in a new space.</p>	<p>Sponsored by IUSD Guidance Resources</p> <p>At Guidance Resources (Portable behind Woodbridge High School)</p> <p>Facilitator(s): Cheri Wood, MA IUSD Guidance Resources</p>	<p>To Register Call Susan Holt 949-936-7987</p> <p><a href="http://www.irvineadultschool.org">www.irvineadultschool.org</a></p>	<p>\$25 per person \$35 for couples</p> <p>(Non-Refundable)</p>

## WORKSHOPS / PRESENTATIONS / SPECIAL EVENTS

DATE, DAY, TIME	TITLE	DESCRIPTION	LOCATION/ PRESENTER	PHONE	FEE
Mondays 9:15 am  To 11:00 am	PARENTS' MORNING	Hear interesting guest speakers; participate in stimulating discussion and an exchange of ideas. Learn how to become more effective parents, enrich family and marital relationships, and grow as individuals. Parents and infants participate together. Ages 2-5 enroll in same class number.  3/05- Managing Parental Anger #45941 3/19 – Emergency Preparedness #45942	Turtle Rock Community Park 1 Sunny Hill Drive Irvine, CA 92603  <a href="http://www.irvinequickreg.org">www.irvinequickreg.org</a>	949-724-6638  Supervised child care is available, free of charge.	\$5 for residents 7\$ for non residents.
Wednesdays 7 pm To 8:30 pm  Mar. 3, 2007 To Mar. 21,2007	NAVIGATING THE TEENAGE YEARS	Are you frustrated with increasing conflict and deteriorating communication with your teenager? Parents will learn a new approach to resolving problems, how feelings and interactions influence communication, and how to recognize pitfalls and workable alternatives.	Turtle Rock Community Park 1 Sunny Hill Drive Irvine, CA 92603  <a href="http://www.irvinequickreg.org">www.irvinequickreg.org</a>	949-724-6610	\$50
Thursday 7-9:30 pm	REDIRECTING CHILDREN'S BEHAVIOR	Having trouble with your kids aged 2-12.. This parenting course will improve your family life and enable you to enjoy your children more. Learn techniques for dealing with our children, recognize the four types of misbehavior, discipline without punishment, set natural and logical consequences and more. 3/01/07-3/29/07- Behavior Single #44479 3/01/07-4/05/207- Behavior Couple #44480	Tustin Area Senior Center 200 So. C St., Tustin  <a href="http://www.irvinequickreg.org">www.irvinequickreg.org</a>	949-724-6610	Resident \$125 Non-Resident \$130  \$35 materials fee (due 1 <sup>st</sup> day of class)
Wednesday  (for parents)	WHAT PARENTS NEED TO KNOW ABOUT INTERNET SAFETY	Learn about blogging, chat rooms, online dangers, instant messaging and social networking sites such as My Space	Sponsored by the Irvine Police Department  Lakeview Senior Center 20 Lake Rd, Irvine	949 724-7193 or <a href="mailto:SLind@ci.irvine.ca.us">SLind@ci.irvine.ca.us</a> to RSVP	Free

## ONGOING CLASSES / SUPPORT GROUPS / PROGRAMS

DATE, DAY, TIME	TITLE	DESCRIPTION	LOCATION/ PRESENTER	PHONE	FEE
<b>CLASSES</b>					
Thursdays Call for Dates 6:30 – 8:30pm	PARENTING YOUR TEENAGERS	Call for information Pre-Registration Required	Mariposa Women's Counseling Ctr 812 Town & Country Rd. Rm. 16, Orange	714-547-6494	\$60 / person
Call for Info	THE AMERICAN LUNG ASSOCIATION'S FREEDOM FROM SMOKING	This is an 8 week-session comprehensive cessation program for all ages, pre-teen to adult, with emphasis on identifying and neutralizing participants' reasons for smoking. You will explore the advantages of not smoking, develop an individual plan of action to quit, find and give support -- with the group and a "buddy" to help you along the way. --- PRE-REGISTRATION REQUIRED	Sponsored by The American Lung Association At Hoag Memorial Hospital Pulmonary Conference Room One Hoag Dr. Newport Beach	949-760-5750  Donna C. Gordon	\$95 / person for 8 sessions  (Includes materials & refreshments, etc.)
Call for locations, dates and time	FOR FAMILIES PARENTING SERIES:  PARENTING YOUR TEEN	The objective of the teenage years is to learn the skills necessary to become an independent adult. This process can generate conflict between a teen's drive for freedom and the parent's need to protect. Learn techniques to maintain boundaries, apply consequences and thus negotiate conflict successfully. <a href="http://www.irvinequickreg.org">www.irvinequickreg.org</a>	Sponsored by The City of Irvine FOR Families	949-724-6610	Call for Fee Information
Call for location, dates and time	FOR Families: PARENTING SERIES	FOR Families parenting series offers parents the opportunity to explore the issues and concerns surrounding family life. Topics cover everything from anger management and discipline to building self-confidence. -- PRE-REGISTRATION REQUIRED	Sponsored by the City of Irvine Community Services / FOR Families <a href="http://www.irvinequickreg.org">www.irvinequickreg.org</a>	949-724-6610	Call for fee information
Fridays 8:30 - 9:30 am	HELPING YOUR CHILD SUCCEED IN SCHOOL	This ongoing class provides suggestions to promote a successful school experience for your children. Areas of focus include helping your children develop better self-esteem, and positive disciplinary techniques. --- CHILD CARE PROVIDED --- CALL ABOUT CLASSES IN SPANISH	Sponsored by Turning Point Center for Families At Lampson Elementary School 13321 Lampson Ave, Garden Grove (In the Family Center)	714-997-6153  RSVP to Sara Monroy Or Luci Verduzco	FREE

Call for Date and Time 7 – 9 pm	ACTIVE PARENTING	Children today face issues different from those faced by children even a few years ago. Parenting methods of the past are not necessarily effective today. Now, parents of children ages 2-12 years can explore ways to instill courage and self-esteem; develop responsibility; understanding your child; win cooperation, and solve problems together. The class meets for six consecutive weeks.	Center for Work and Family 2101 Business Ctr. Dr., Ste. 215 Irvine	949-475-5400 Ext. 1	\$100 /Person “Active Parents Guide” available for purchase at first class: \$20
Monday’s 9:15am – 11am	MOTHER’S MORNING PROGRAM	This Program provides interesting guest speakers, stimulating discussions, and an exchange of ideas. Learn how to become more effective parents, enrich family and marital relationships, and grow as individuals. Mothers and infants participate together. Supervised child care provided, free of charge. Ages 2-5, enroll in same class number.	City of Irvine, FOR Families at Turtle Rock Community Park	949-724-6638 For more information and	\$5 for residents \$7 for non-residents per session per adult
Thursdays 7 – 9 pm	PARENTING FOR FAMILY GROWTH	A 5-week workshop series for parents of children of all ages. Topics include: discipline tools that work; techniques to improve parent/child communication; building self-esteem; handling difficult-to-deal with elementary, middle, & high school-aged kids; and how to build the bridge of success between home and school. -- THIS WORKSHOP IS ALSO AVAILABLE IN SPANISH AT SEVERAL LOCATIONS WITH VARIOUS DATES & TIMES; CALL FOR DETAILS.	Presented by: Journey Counseling Services, a Program of Lutheran Social Services at Grace Lutheran Church & Schools 700 W South St., Anaheim  Contact: Pastor Charlie Lopez, Jr. 714-776-6500	714-215-6908  Pam-Hernandez-Kaufman (For info re: other workshops)	FREE Includes child care and class materials
Saturdays/ Sabados	PARENTING IN SPANISH/ CLASSES DE PADRES ESPANOL	4 week class designed for the parents of kids and teenagers. Clase de 4 semanas para los padres de ninos y adolescentes.	Mariposa Woman and Family Center Contact: Olga Gonzalez 812 W. Town & Country Rd., Orange	714-547-6494 Ext. 502	\$10/ per class \$10 por clase
Tuesdays 7 - 8 pm	SURVIVAL SKILLS FOR PARENTS	A series offering both support and some practical methods to help you meet the challenges of parenting today. In eight sessions, you will sharpen your skills in listening so your kids will talk to you and in talking they'll listen; establishing limits and discipline with love; helping your child succeed; and teaching children to respect themselves and others. The series is ongoing, so you can begin with any session.	Turning Point Center for Families 2101 E. Fourth St. Ste. 150B, Santa Ana	714-547-8111	\$20 / session per person Pre-registration required

Wednesdays 6 - 7:30 pm	PARENTING 1	An 8 - wk. series offering parents a chance to share experiences, find and give support and encouragement, and to find some answers. Addresses the sleep, attention and discipline needs of children, as well as grades, stuttering, co-parenting, divorce and parental frustration. A certificate is awarded upon completion. --- PARENTING 1 ALSO AVAILABLE IN FULLERTON AND SANTA ANA. --- A PARENTING 2 CLASS IS ALSO AVAILABLE.	F.A.C.E.S. 26041 Cape Dr., # A Laguna Niguel	714-879-9616	\$10 / person per session (\$15 per couple)
Ongoing Evenings	BEREAVEMENT GROUPS	Bereavement groups for the following: <u>Loss of an Adult Child</u> <u>Complicated Grief</u> <u>Children's Grief Groups</u> <u>Loss of Spouse</u> <u>Grieving Death of a Parent</u> <u>Loss of a Relationship Separation and Divorce</u>	Mariposa Woman and Family Center  812 W. Town & Country Rd., Orange	714-547-6494  Call for information	\$10 per class
Saturdays 10 am To 12 pm	WOMEN'S SEXUAL ABUSE RECOVERY GROUP	Support for women who have experienced past domestic violent	Mariposa Woman and Family Center  812 W. Town & Country Rd., Orange	714 547-6494 ext. 600  Consultation required	Call for information

## SUPPORT GROUPS

Fridays 7 - 9 pm	DIVORCED PARENTS GROUP	Based on Social Worker Lois Gold's Book <u>Between Love and Hate</u> , this 10-week ongoing program covers custody, visitation, communication, and children's rights. --- ALSO AVAILABLE IN FULLERTON	F.A.C.E.S 651 E. 4 <sup>th</sup> St., Ste. 128 Santa Ana	714-547-7345	\$10 / session Plus \$15 materials fee
Ongoing	DOMESTIC VIOLENCE GROUP	If you fear your partner, have been called names, pushed, hit, controlled financially, or kept from leaving, come join this group to find support and know that you are not alone.	Mariposa Women's Center 812 Town & Country, Orange  Contact: Lisa Hayes, M.S.	714-547-6494 Ext. 504	Call for information
Starts Oct. 11, 2006 10 - 11:30 am	PARENT SUPPORT GROUP	This is for parents who have already taken one of the IUSD Active Parenting classes and like the idea of brainstorming solutions to problems. It's a fun, positive get-together and a great opportunity to support each other!	Presented by: IUSD Guidance Resources Facilitated by: Cheri Wood, MA  Meet at Mimi's Restaurant on Barranca parkway in Irvine.	949-936-7911	FREE
Mondays 4:30 - 6 pm	CHILDREN'S DIVORCE SUPPORT GROUP (CLASS SIZE LIMITED TO 6 CHILDREN)	For children 11-13 yrs. of age, teaches importance of expressing feelings, over-coming parental anger, guilt, depression, frustration, and/or fear. In a safe environment, children will utilize verbal discussion, art and sound therapy, and various feeling games to help them adjust to new family circumstances.	South Coast Counseling Center 28202 Cabot Rd., Ste. 420, Laguna Niguel	949-582-2833 Ext. 123 Clinician: Richard A. Shulman, Ph.D.	\$25 / child

Call for Info	DIVORCED PARENTS GROUP	Improving communication, increasing understanding of the divorce process and learning about constructive choices available during divorce can help parents to address the needs of their children during the process of restructuring the family. This 10-wk. support group focuses on parenting, while providing support for divorcing and separated parents. Topics include the emotions of ending a marriage; separation ground rules; strategies for reducing arguments; parenting plans; mediation; fundamentals of negotiation; custody; visitation; lawyers and the legal process.	Presented by Journey Counseling Services, a program of Lutheran Social Services	714-506-1089  (Call for location details)  Contact: Andrea Heizer, MS	\$50 (covers the cost of materials) plus \$5 / session
3 <sup>RD</sup> Wednesday of the Month  3 – 5 pm	BIRTH PARENT SUPPORT GROUP	Join us in a warm, supportive environment where birth parents considering adoption or who have placed a child for adoption, can get together and share thoughts, feelings, and experiences with each other.	Holy Family Services 1403 South Main St. Santa Ana	714-835-5551 (Julie or Danielle)	FREE
Call for Information and Registration	TEEN GROUP FOR YOUNG WOMEN	Girls in this 8-wk. series will focus on solutions to challenges facing them today. They will explore school concerns, pressures, friends, family relationships, dating, problem solving, anger/stress management, perfectionism, body and self-image, and life goals. Participants express themselves through art for understanding and insight. Your check reserves your space.	South Coast Counseling Center 28202 Cabot Rd., Ste. 420, Lag. Niguel	949-475-5400 Ext. 7  Clinician: Richard A. Shulman, Ph.D.	\$30/ week
Fridays 4 - 5:30 pm	MIDDLE SCHOOL-AGED BOYS SUPPORT GROUP (For ages 11 - 13)	This 1-1/2 hour group teaches adolescent boys how to express feelings and cope with daily life in a safe and controlled environment. Special attention is devoted to conquering the challenges of integrating their own belief system and values, while accepting their developmental struggles and avoiding negative and destructive peer pressure.	VNA Home Health Systems 2500 Red Hill Ave, STE 105 Santa Ana, CA 92705	949-582-2833 Ext. 123	\$25 / child
Selected Mondays 10 – 11:30 am	GRAND-PARENTS AS PARENTS SUPPORT GROUP	Grandparents raising grandchildren will find an encouraging environment, a chance to talk with others who may be experiencing similar challenges and joys, and a forum to share ideas in this ongoing group. --CALL FOR MORE INFORMATION ABOUT UPCOMING MEETINGS --SPACE IS LIMITED and PRE-REGISTRATION REQUIRED	Turning Point Center for Families 2101 E. Fourth St. Ste. 150B, Santa Ana	949-646-6798  Marilyn Macontish	FREE
Mondays 3 – 4:30 pm	ANGER MANAGEMENT FOR TEENS	This interactive workshop, teens will develop a better understanding of the dynamics of anger. Over the course of 3 sessions, they'll explore strategies for avoiding anger reactions, & learn communication and conflict resolution techniques.	Center for Work and Family 2101 Business Center Dr., Ste. 215, Irvine	949-756-0993 Facilitator: Christyn Triglia, M.A., M.F.T.	FREE
Tuesday Mornings 10am – 1130am ongoing	FREE PARENT SUPPORT GROUP  (open to all parents/caregivers)	A free Ongoing support group for parents of children 5-18. Come to problem-solve, learn positive parenting skills, receive support, and connect with resources.	Sponsored by IUSD Guidance Resources and the Irvine Family Resource Center  Meet at Mimi's in Woodbridge.	949-936-7911  Contact: Cheri Wood	Call for information
Tuesday Mornings 10 – 11:30 a.m. Oct. 3, 2006 To Nov. 7, 2006	AUTISM SUPPORT GROUP	For parents of children on the autism spectrum sometimes the thing that helps the most and keeps you sane is knowing that you are not alone. This support group gives you an opportunity to connect with other parents going through the same experience.	School Readiness Program, 1 Smoketree, Irvine	949-936---5870	\$60 (\$5 added for non-Irvine residents)

## PROGRAMS

<p>4<sup>th</sup> Thursday, monthly 7 – 9 pm</p>	<p><b>WORKING MOTHERS MONTHLY SUPPORT AND SUCCESS STRATEGIES GROUP</b></p>	<p>Meetings address issues of importance to working mothers who want to create a balance between their roles at home and at work. --- TELEPHONE RSVP REQUIRED (Yes only) 2 DAYS BEFORE MTG.</p>	<p>Center for Work and Family 2101 Business Center Dr., Ste. 215, Irvine Facilitator: Christyn Triglia, M.A., M.F.T.</p>	<p>949-475-5400 Ext. 2</p>	<p>Free to the community.</p>
<p>Mon. – Fri.  2pm – 630pm  Wed.  115pm – 630pm</p>	<p><b>AFTER SCHOOL ADVENTURE</b></p>	<p>Beat the Back to School Blues with After School Adventure.  Activities include homework assistance, games room, arts &amp; crafts, learning center, gym, outdoor activities, peer leadership groups, special events &amp; much more.</p>	<p>Sponsored by the Boys and Girls Club of the Harbor Area Irvine Branch  295 E. Yale Loop Irvine, CA 92604</p>	<p>949-551-8214</p>	<p>Membership Fee: 50.00/yr  After school Program Fee: 75.00/mo  10% sibling discount</p>
<p>Mon. - Fri. 9 am – 3 pm (Thurs. 9 am – 7 pm)  Plus  2<sup>nd</sup> Sat. of each month 10 am – 2 pm</p>	<p><b>IRVINE SCHOOL READINESS PROGRAM FAMILY RESOURCE CENTER</b></p>	<p>This program provides a variety of services to assist families with children in the 1-5 age range to develop skills that build strong families with healthy children who are ready for school. Services are free or low-cost (no one is turned away due to inability to pay), and are available to families and professionals living or working in Irvine. -- SPECIFIC INFORMATION ABOUT SOME SERVICES IS INCLUDED IN LISTINGS THROUGHOUT THIS ISSUE OF <i>FLM</i></p>	<p>Sponsored by The City of Irvine At Heritage Park Community Center Walnut &amp; Yale</p>	<p>949-936-5870</p>	<p>Varies by service  (See listings in this issue)</p>
<p>Ongoing</p>	<p><b>DEVELOPMENTAL SCREENING</b></p>	<p>Do you wonder if your child (birth – five) is on target developmentally? Screening with intervention and referrals available. Call for a screening if you have concerns about: -- PHYSICAL DELAYS -- BEHAVIORAL ISSUES -- SPEECH OR LANGUAGE DEVELOPMENT -- KINDERGARTEN READINESS</p>	<p>Sponsored by IUSD School Readiness Program At The Early Childhood Learning Center 1 Smoketree</p>	<p>949-936-5870</p>	<p>Call for info</p>
<p>Ongoing  By Appointment Only</p>	<p><b>COUNSELING FOR PARENTS</b></p>	<p>Seeking help early can prevent serious problems. Low cost, short-term, solution-focused counseling is available for parents and families with children birth through five who are experiencing personal, family or parenting problems. Appropriate for those with limited resources.</p>	<p>Sponsored by IUSD Contact: Stephanie Medoff-Jay  School Readiness Program At The Early Childhood Learning Center 1 Smoketree</p>	<p>949-936-5863</p>	<p>Fee: \$30</p>

Ongoing	HEALTHY FUTURES	A home visitation program for teen first-time mothers who are not past their 28th week of pregnancy, and their families, to prepare for the arrival of the child. Learn from a nurse about resources, parenting responsibilities, and health issues related to pregnancy, babies and families. Home visits are regular and frequent from until the baby is 24 months of age. Free if you have current coverage in any Medi-Cal or Cal-Optima program.	For information, and to confirm qualification for the program, call: County of Orange Health Care Agency – Public Health Field Care Nursing	714-834-7747	FREE
Call for Info	DROP-IN POOL PLAY	Teens are welcome to come to the Heritage Park Community Center for fun with our pool tables, ping-pong tables, foosball, and a pinball machine – or just to hang out while listening to the jukebox. Pick-up tournaments or games may be planned. Check it Out!	City of Irvine, FOR Families At Turtle Rock Comm. Park Facilitator: Jeannine Chomyn	949-724-6610	Call for info
Ongoing	VIOLENCE PREVENTION COALITION OF ORANGE COUNTY	For further information please call or visit their website. <a href="http://www.vpoc.org">www.vpoc.org</a>	Sponsored by VPOC 480 S. Batavia St. Orange, CA	714-327-1060	Call for Information
Call to Schedule a program	SHARING HEALTHY ADOLESCENT AND PARENT EXPERIENCES (S.H.A.P.E.)  (FOR 6TH GRADE BOYS AND GIRLS AND THEIR PARENTS)	S.H.A.P.E. is a 5-wk. program for parent & child (boys & girls in separate classes) to learn together about puberty, reproductive health & strengthening communication. Interactive games, lecture, discussion & videos make the program warm, fun & factual. The 1st session, for parents only includes a discussion of the program content. The other 4 sessions address male/female body parts, menstruation, physical & emotional changes, HIV / AIDS, reproduction, childbirth, & resisting sexual pressure. -- CALL TO ARRANGE A SERIES FOR YOUR SCHOOLS, ORGANIZATIONS, OR A GROUP OF NEIGHBORS	An IUSD approved curriculum Presented by Camp Fire Boys & Girls at your school, office or home  Contact: Jennifer Barber Director of Family Life Education	714-838-9991 Ext. 27	\$60 / parent-child pair
Call for Info	MIDDLE SCHOOL YOUTH ACTION TEAM (MSYAT)	The MSYAT program provides middle school students an opportunity to create their own activities & service projects with assistance of City Community Service staff. Students meet on a regular basis after school to work on projects, discuss current issues, & participate in activities. All students are welcome to participate!	Sponsored by: The City of Irvine Community Services Dept. at Irvine Middle Schools	949-724-6744	Call for info
Call for Info	YOUTH ACTION TEAM (HSYAT)	The HSYAT consists of student reps. from each Irvine HS, who organize teen activities & represent their peers to various community groups. The prog. offers services for HS aged youth including an Activity/Resource Hotline, special events, Youth Forums, & opportunities to assist various community service projects, & general referral info.	Sponsored by: The City of Irvine Community Services Department at Irvine High Schools	949-724-6643	Call for info

<p>First Tues., Wed., Thurs. of the Month (AS NEEDED during the school year*) 8 am - 1:30 pm</p> <p>* Class is scheduled when sufficient # of students have been referred</p>	<p><b>DRUG &amp; ALCOHOL INTERVENTION PROGRAM</b></p> <p>(FORMERLY ALTERNATIVE TO SUSPENSION)</p>	<p>For high school students in Irvine who are using multiple drugs ( i.e., alcohol and / or tobacco, and / or marijuana), this three-day program offers a safe, confidential environment in which teens explore the consequences of drug use at school, in the community and in their families. The curriculum includes lessons on coping with changes in life; the nature of addiction; the role that personality styles play in a sense of "fitting in"; anger management; the impact of media on the choices teens make; goal-setting; and available alternatives to substance use. Videos and speakers representing law enforcement, the court system, UCI trauma center, a rehabilitation center, and MADD present a wide variety of community perspectives and experiences to participants. Students attend three 5-1/2 hr. sessions. Parents agree to attend a 1-1/2 hr. workshop on Wednesday evening of the series. -- contact your principal for a referral, or call us.</p>	<p>Sponsored by Irvine Unified School District, Guidance Resources / PROJECT SUCCESS</p> <p>At IUSD Guidance Resources Portable Training Center on the Woodbridge High School Campus</p> <p>Instructor: Summer Pyle</p>	<p>949-936-7487</p>	<p>Free</p>
<p>Varies by month (Total of six 4- week series during the school year)</p> <p>Mondays 6:30 - 8 pm</p>	<p><b>TOBACCO INTERVENTION PROGRAM</b></p> <p>(FORMERLY SMOKING CESSATION PROGRAM)</p>	<p>This class focuses on understanding and exploring the stages of smoking cessation. Sample components: students examine their smoking history and their attitudes (likes / dislikes, reasons to smoke / reasons to quit) about smoking; "tobacco triggers" and coping techniques; quitting tips; and the effect of advertising and the media on teen choices. Students attend one session per week for four weeks; parents agree to attend a separate workshop on the fourth night to assist the student in smoking cessation efforts. Students attending the evening Tobacco Intervention Program will also be referred to their on-campus PROJECT SUCCESS Program for follow-up support services.</p>	<p>Sponsored by IUSD Guidance Resources And PROJECT SUCCESS</p> <p>At Woodbridge High School 2 Meadowbrook (at Alton), in the Guidance Resources Training Center</p> <p>Instructors: Erin Garcia</p>	<p>949-936-7480 -- PRE- REGISTRATION REQUIRED -- contact your principal for a referral, or call # at the right.</p>	<p>Free</p>
<p>Six month outpatient program</p>	<p><b>WOMEN'S ALCOHOL AND DRUG ABUSE TREATMENT PROGRAM</b></p>	<p>Six month outpatient program provides 12 weeks of alcohol and drug education, a 12-week process group, and weekly individual counseling with a certified addiction counselor. All participants are encouraged to attend 12-step meetings.</p>	<p>Mariposa Women's Center 812 Town &amp; Country, Orange</p>	<p>714-547-6494 Callfor information or initial telephone screening</p> <p>Free childcare is available</p>	<p>Sliding scale fees apply</p>
<p>Morning and Evening meetings</p>	<p><b>TWELVE STEP MEETINGS</b></p>	<p>Twelve Step Meetings available</p>	<p>Mariposa Women's Center 812 Town &amp; Country, Orange</p>	<p>714-547-6494 Call for information</p>	<p>Call for info.</p>

## COMMUNITY RESOURCES and VOLUNTEER OPPORTUNITIES

DATE, DAY, TIME	TITLE	DESCRIPTION	LOCATION/ PRESENTER	PHONE	FEE
<b>COMMUNITY RESOURCES</b>					
Call for Info about upcoming events and activities	IRVINE PREVENTION COALITION	IPC is local advisory board of individuals, agencies and organizations who implement alcohol, tobacco and other drug (ATOD) and violence prevention / intervention programs for Irvine students & their families. General meetings are on the 3 <sup>rd</sup> Thursday from September-June at City Hall from 3 – 4:30 pm. Call if you are interested in finding out where to turn for help in the community, becoming a member or attending a meeting.	Funded by US Depts. of Education, Health & Human Services and Justice' Safe Schools-Healthy Students Initiative	949-337-5309	FREE
Call NAMI-OC for meeting schedule M-F 9am-4pm	NAMI-OC (FORMERLY AMIOC)	Providing education and emotional support, NAMI-OC promotes family support and guidance groups to help improve the quality of life for families and their mentally ill loved ones. The groups provide opportunities for families to share experiences, explore solutions to common problems and learn coping skills to develop realistic expectations for themselves and the mentally ill family member. Those in "crisis" are especially encouraged to attend.	Current locations include: Anaheim, Fullerton, Laguna Beach, Westminster, Newport Beach, Orange, Tustin, and Santa Ana	AMIOC (Tustin): 714-544-8488	FREE
Saturdays 9 am - 1 pm	FREE IMMUNIZATIONS	Children's Hospital of Orange County is offering free immunizations to children up to age 17. A parent must be present & the child's immunization record is required. This is an opportunity to complete needed doses to comply with California enrollment requirements.	Children's Hospital of Orange County 455 South Main Street Orange	714-997-3000	FREE
Days and Times vary by location	FREE IMMUNIZATION CLINIC	To obtain information about days, times & locations for this clinic, or other clinics in your area, or to ask about the availability of free physical check-ups, call the Health Referral Line in this listing.	Orange County Health Care Agency Locations vary	1-800 -564-8448	FREE
Ongoing Days or Evenings BY APPOINTMENT ONLY	COUNSELING FOR PARENTS	Low cost, short term, solution-focused counseling for parents and families with children (birth – five) who are experiencing personal, family or parenting problems -- APPROPRIATE FOR THOSE WITH LIMITED RESOURCES -- HOME VISITS ARRANGED IF NECESSARY -- CALL FOR ASSESSMENT APPOINTMENT	Sponsored by IUSD School Readiness Program At The Early Childhood Learning Center 1 Smoketree Clinician: Stephanie Medoff-Jay	949-936-5870	\$30 / session

Ongoing	WOMEN, INFANTS, AND CHILDREN (WIC) SUPPLEMENTAL NUTRITION PROGRAM	If you are pregnant, just had a baby, or have children or foster children under age 5, and you have a limited income, you may qualify for many no-cost services of the WIC Supplemental Nutrition Program. At WIC clinics you can get free food (WIC checks to buy healthy foods such as milk, juice and cereal), nutrition education, referrals to other resources, and support if you are breastfeeding. -- CALL TO APPLY OR FOR MORE INFORMATION -- ENGLISH, SPANISH & VIETNAMESE-SPEAKING STAFF	Sponsored by the Orange County Healthcare Agency / Nutrition Services	714-834-8333	FREE
Ongoing (BY TELEPHONE OR WALK-IN)	PARENT SUPPORT AND INFORMATION "WARMLINE" (FOR FAMILIES OF CHILDREN 1 – 5)	The School Readiness Program is a place where you can turn for support for parenting concerns, answers to school-related questions, or a referral to other community resources.	Sponsored by IUSD School Readiness Program At The ECLC, 1 Smoketree	949-936-5870	FREE
Ongoing BY APPOINTMENT ONLY	KINDERGARTEN PHYSICAL EXAMS	Entry to Kindergarten ("K") in Irvine requires a physical exam no further than 6 months before the first day of school. We provide low-cost or free well-child exams for children needing them for K entry. These exams include physical, nutritional and developmental assessments, vision and hearing screening, blood test for anemia, urinalysis and any required immunizations.	Sponsored by IUSD School Readiness Program The Early Childhood Learning Center 1 Smoketree Provided by: Linda Scott-Katz, P.N.P.	949-936-5870	Low Cost Fee: \$75 (Free exams if you are eligible)
Ongoing	QuitNet	QuitNet combines scientific methods with advances made possible by the Web to deliver personalized support to smokers whenever they need it. Get on-line quit tips, anniversary messages, forums and a buddy system that's available "24/7". You can obtain expert advice from the American Cancer Society's Massachusetts Smokers' Quitline, and have access to a library of resources.	A project of Join Together (Based at Boston University's School of Public Health) and The American Cancer Society	<a href="mailto:info@jointogether.org">info@jointogether.org</a> and 617-437-1500	Call or see web site for info
Ongoing Mondays Saturday (Closed Holidays)	THE LAGUNA BEACH COMMUNITY CLINIC	Offers quality medical, dental and health education services to low-income and uninsured residents of Orange County by utilizing a sliding fee scale and public support funds for care reimbursement.  It is one of two low cost community clinics in South Orange County and the closest to Irvine. We are open Monday thru Friday from 8am to 5pm and 2 Saturdays a month from 8am to 12pm. Our mission is to serve the uninsured and underinsured.	Laguna Beach Community Clinic  For more information, please <a href="http://www.lbclinic.org">www.lbclinic.org</a>	949-494-0761	Call for info
Ongoing	RAISE FOUNDATION	The goal of The Raise Foundation is to provide resources to build better parents, who in turn, will build better kids, and together build a better community. We are dedicated to stopping the cycle of abuse through education, advocacy, community collaboration, and comprehensive services for families and children.	Sponsored by The Raise Foundation  1431 Warner Ave., Ste D, Tustin	Call 714-258-2272  <a href="mailto:info@theraisefoundation.org">info@theraisefoundation.org</a>	FREE

Ongoing Monday-Friday 24/7	INFO LINK ORANGE COUNTY	Certified Information Specialists provide links to services related to shelter, domestic violence, drug and alcohol, parenting, anger management, mental health, etc.  Community Resource Guides are available by accessing our Web site at <a href="http://www.infolinkoc.org">www.infolinkoc.org</a>  Effective 7-30-05-2-1-1 is the equivalent of 9-1-1 but for human services referrals. It is federally designated, but must be locally funded. It helps provide unity by linking those in need with service organizations. People seeking assistance will no longer have to navigate the complicated web of health and human service programs. Based on aggregate data about the types of calls that other 2-1-1 centers receive, Orange County communities will be able to anticipate demand for services and mobilize resources to meet changing needs.	Sponsored by Info Link of Orange County  Post Office Box 10425 Costa Mesa, CA 92627	For More Info  Call 1-888-600-4357  949-764-1318  949-764-1699 fax  *2-1-1 NEW SERVICE	FREE
Ongoing	LAURA'S HOUSE	Laura's House is a non-profit domestic violence agency. Their mission is to reduce the incidence of domestic violence through shelter and support programs, education and outreach. They offer legal services, Emergency Shelter, Crisis Hotline 949-498-1511, Counseling and Intervention programs.	Sponsored by Laura's House  Contact: Stella Rea	Call 949-240-0363 Ext. 211	FREE

## VOLUNTEER OPPORTUNITIES

Call for Current Opportunities	VOLUNTEER CENTER / ORANGE COUNTY	Volunteer Center / Orange County "helps people help people", and will match your interests and talents with the needs of nonprofit and community-based organizations who rely on the Volunteer Center for referrals.	Volunteer Center / Orange County 1901 East Fourth Street, Santa Ana	714-953-5757	n/a
1 <sup>st</sup> Tuesday and Saturday of the month  (Information Session Call for Time)	COURT APPOINTED SPECIAL ADVOCIATES (CASA)	When a child is abused and becomes a dependent of the court, he or she needs a friend. CASA advocates spend a minimum of 3 hours / week with one child and speak out for his or her best interests. -- BECAUSE THESE CHILDREN HAVE ALREADY EXPERIENCED A GREAT DEAL OF ABANDONMENT, CASA REQUIRES A COMMITMENT OF 3 HRS. / WK. FOR 2 YEARS. -- A 30-HOUR INITIAL TRAINING (WEEKNIGHTS & SATURDAYS) AND ONGOING TRAINING AND SUPPORTS ARE PROVIDED. -- ATTEND AN INFORMATION SESSION TO LEARN MORE. MORE.	Sponsored by CASA, a non-profit organization	CASA 714-935-6460  To register for the information session:  714-663-9034	n/a
Ongoing  Call for Dates and Time	VOLUNTEER ORIENTATION TRAINING WORKSHOPS	"Getting Started as a Volunteer Tutor" Volunteer in grades 1-5 in one of several after school programs in the Santa Unified School District. Volunteer age range: 12 – 86 years old. You will receive all the necessary information and materials to start volunteering.	Sponsored by THINK Together 2001 E. Fourth St., Suite 200 Santa Ana, CA 92705	Call: Tom Linnert @ 714-543-3807 x 204 Or Email: <a href="mailto:tlinnert@thinktogether.org">tlinnert@thinktogether.org</a>	n/a

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## INTERNET RESOURCES

**FAMILY LIFE MATTERS:** [http://www.iusd.org/parent\\_resources/family.pdf](http://www.iusd.org/parent_resources/family.pdf)

You can find the current issue of Family Life Matters by using the link above or visiting the IUSD Homepage (<http://www.iusd.k12.ca.us>) and clicking on the Parent Resources button. The Parent Resource page also features a link to effective tips for preventing student illegal drug use, and offers links to individual school homepages; information about children's software and safe, educational and fun web sites for children; a list of childcare facilities in the city; ideas for helping children with homework and academic success, and lots more. If you would like to be added to the Family Life Matters email list, write [mehoriuchi@iusd.org](mailto:mehoriuchi@iusd.org).

**IRVINE PREVENTION COALITION:** <http://www.irvinepreventioncoalition.org>

Learn about the many organizations involved in violence and substance abuse prevention in our community, and the programs and services they offer to students and their families. This site is the place to start if you are (or are the parent of) a teen in trouble with gang involvement and/or alcohol, tobacco or other drugs.

**MOVIE REVIEWS FOR PARENTS:** <http://www.screenit.com>

If you have children, you need this resource. Movies (current and past releases), DVD's and Videos, music and music videos are thoroughly reviewed to help parents make informed decisions as to the media they will expose their children to.

**PARTNERSHIP FOR A DRUG-FREE AMERICA:** <http://www.drugfreeamerica.org>

Parents & educators, who are looking for information about drugs, may want to check out this site. They are working to maintain the largest, most accurate database of drug information on the Web.

**D.A.R.E. HOMEPAGE:** <http://www.sayno.com>

If you would like information about the D.A.R.E. program in general, then this page is worth visiting. The author, a D.A.R.E. Officer in Hanford, CA has spent many hours putting together this comprehensive presentation of the program curriculum and more.

**IRVINE POLICE DEPARTMENT'S HOMEPAGE:** <http://www.irvinepd.org>

The Irvine Police Department has a very informative page and it is updated often.

**CITY OF IRVINE HOMEPAGE:** <http://www.ci.irvine.ca.us>

Recently revamped, this site is easy to navigate and gives visitors a chance to find out about our city's various resources and departments. Be sure to visit the Community Services page to learn about the FOR Families program, Middle and High School Youth Programs, Disability Services, TRIPS, the Child Resource Center and Childcare Coordination Office.

**KNOW WHAT YOUR CHILD IS DOING ON THE INTERNET:** <http://family.samhsa.gov/monitor/home/internet.aspx>

Internet use among youth is greater than that of adults and can be both a good and bad influence. This article discusses what parents need to know to make the Internet experience a positive one for children.

**YOUTH CREATING CHANGE:** <http://youthcreatingchange.com>

Youth Creating Change is made up of students working together to promote positive changes on the campuses of Woodbridge and Irvine High Schools. We use research based information to challenge misperceptions. We encourage everyone to "BE AWARE" of the fact that most students don't drink alcohol, smoke cigarettes or use other illegal drugs.

## EDUCATIONAL WEB SITES FOR CHILDREN

<http://www.pbskids.org> is an interactive site recommended and partially funded by the U.S. Department of Education.

<http://www.ed.gov/americanreads> is a source for free materials to help parents help kids develop reading and writing skills. Free materials include brochures and a tip sheet on how to start a reading program. To order any of these materials by phone, call ED Pubs at 1-877-433-7827.

<http://www.ajkids.com> is a page in the Ask Jeeves web site. It serves as an information base for kids of all ages, and offers help on a full array of academic subjects, educational games and puzzles, and a newsroom. The site is easy to navigate, colorful and humorous, and it communicates in language kids can understand.

## IMPORTANT INFORMATION



### THE IRVINE PREVENTION COALITION WEBSITE

[www.irvinepreventioncoalition.org](http://www.irvinepreventioncoalition.org)

Learn about the many organizations involved in violence and substance abuse prevention in our community, and the programs and services they offer to support students and families. This site is a place to start if you are (or are the parent of) a teen involved with alcohol, tobacco, drugs or violence.

*and*

### THE IRVINE PREVENTION COALITION RESOURCE REFERRAL LINE

**949-337-5309**

Talk with one of our coalition partners, professionals who can help you find the right organization, people and programs to support you when you're facing alcohol, tobacco, drug and violence-related issues.

The Irvine Prevention Coalition is funded by the US Department of Justice/Office of Juvenile Justice and Delinquency Prevention Drug-Free Communities Support Program, and the US Departments of Education, Health & Human Services and Justice Safe Schools-Healthy Students Initiative.