

## St. Joseph Marello Catholic Church

# Parent University

*“To educate is to enlighten the mind and warm the heart to the love of God.” - St. Joseph Marello*

All trainings are designed to offer high-impact insights, concepts and skills to strengthen parent confidence in their spiritual leadership role at home.

**Childcare evenings & Saturdays:** To sign up contact Eloisa Espiritu [eloisadds@yahoo.com](mailto:eloisadds@yahoo.com) one week prior to the training; there is a fee of \$10 per child/\$30 per family with 3+kids.



## Program schedule the 2015-2016 year

- **Preparing youth for transition points: Starting middle school, high school, and college**  
**Tues., August 4, 6:30 pm—8pm and encore Wed August 5, 10am to 11:30am** Every graduation brings promise and uncertainty. How to clarify anxiety your child may be experiencing and impart wisdom for handling new academic & social challenges with holy confidence.
- **Bully prevention & intervention strategies for home and school**  
**Tues., September 15, 2015 6:30 pm - 8pm, and encore Wed., September 16, 10 am to 11:30am** Children are experiencing a hostile social environment inspired by mobile connectivity. This session provides an overview of the bully climate at school and the role of parents, children and school administration to address it as families and as a community.
- **Social Media Workshop**  
**Sat. October 24, 2015 9am to noon** Provides an overview of the social media landscape children navigate and offers tips and insights for governing the home with mobile devices, texting and social media.
- **The practical value of virtues & Sacraments workshop**  
**Sat., February 20, 9am to noon** Faith formation starts at home with the parent communicating their spiritual wisdom heart-to-heart. This workshop offers insights to help parents communicate with greater confidence how virtues and Sacraments make manifest in the individual the power of God's love which brings about peace.
- **Academic success tips for every child and the learning disabled (dyslexia, attention deficit)**  
**Sat. March 12, 9am to noon** Every child has the capacity to learn and learning how to learn is one of the most important life skills. This workshop offers tips for overcoming learning challenges with confidence and hope.
- **Fearless communication about drugs, alcohol and addiction**  
**Tues., May 24, 6:30pm—8pm and encore Wed. May 25, 10am to 11:30am** Explores how the cyber-social realm is informing children about drugs & alcohol and how to talk about the feelings and urges that tempt us to abuse substances and establish open communication with your child so you can impart wisdom.

*All trainings are ecumenical, welcoming all faiths and open to the public free of charge. For more information about the program events and trainings, contact SJM Parenting Ministry Chair, Joanna Jullien at 916-521-7203 or [Jullien@surewest.net](mailto:Jullien@surewest.net).*

Let this mind be in you. which was also in Christ Jesus. Philippians 2:5