

# ELARC Prevention Program

## "The Thursday Parent Academy"

### Summer 2011

Revised!

Academia Para Padres en Jueves

**FREE!**

**GRATIS!**

The Eastern Los Angeles Regional Center proudly presents a comprehensive training series for parents of children in the Prevention and Early Start Programs. Preference will be given to families in the Prevention Program. Only 25 spaces are available per training session. Please RSVP to [mbenitez@elarc.org](mailto:mbenitez@elarc.org) or (626) 299-4846.

Presenters include:

- \* Los Angeles County Perinatal Mental Health Task Force
- \* Early Intervention Training Institute (EITI)
- \* Child Development Institute (CDI)

*\*Dr. Thomas Anders, MD  
(UC Davis M.I.N.D. Institute)  
(Special Engagement - Sleep  
11am, Tuesday Oct. 11, 2011)*

Certificates of Completion will be provided.

*Children are not permitted to attend. Childcare will not be provided.*

*Interpretación en español disponible con aviso anticipado. Favor de informarnos al tiempo de reservación. Llame a Mirella al (626) 299-4846. No se permitaran niños.*

DATE	TIME/PRESENTER	TOPIC	LOCATION- ELARC
July 14	9am-12 noon EITI- Early Intervention Training Institute	Self-Regulation and the Sensory System	Boardroom (Lower Level)
July 21	9am-12 noon EITI- Early Intervention Training Institute	Social Emotional Milestones through Play	Boardroom (Lower Level)
July 28	9am-12 noon EITI- Early Intervention Training Institute	Discipline and Limit Setting	FRC Conference Room (lower level)
Aug 4	9am-12 noon Los Angeles County Perinatal Mental Health Task Force	Maternal Depression	FRC Conference Room (lower level)
Aug 11	9am-12 noon/1-4 pm (choose 1 session) Child Development Institute (CDI)	Typical/Atypical Development	FRC Conference Room (lower level)
Aug 18	9am-12 noon/1-4 pm (choose 1 session) Child Development Institute (CDI)	Bonding and Attachment	FRC Conference Room (lower level)
Aug 25	9am-12 noon/1-4 pm (choose 1 session) Child Development Institute (CDI)	Challenging Behaviors	FRC Conference Room (lower level)

Light refreshments will be served. PLEASE ALLOW A FEW EXTRA MINUTES FOR PARKING.

Se servirán refrescos. Favor de llegar unos minutos antes para estacionarse.

DATE	TIME/PRESENTER	TOPIC	LOCATION- ELARC
July 14	9am-12 noon EITI- Early Intervention Training Institute	Self-Regulation and the Sensory System <b>(Autorregulación y el Sistema Sensorial)</b>	Boardroom (Lower Level)
<b>Self-Regulation and the Sensory System: Participants will learn about the role of the sensory system, sensory modalities, and techniques for utilizing the sensory system in helping children self-regulate.</b>			
July 21	9am-12 noon EITI- Early Intervention Training Institute	Social Emotional Milestones through Play <b>(Jugar Afecta el Desarrollo Emocional y Social)</b>	Boardroom (Lower Level)
<b>Social Emotional Milestones through Play: Participants will learn what affects social emotional milestones and how play can be used to support social-emotional development. Also, will learn about building positive interpersonal relationships.</b>			
July 28	9am-12 noon EITI- Early Intervention Training Institute	Discipline and Limit Setting <b>(La Disciplina y Estableciendo Límites)</b>	FRC Conference Room (lower level)
<b>Discipline and Limit Setting: Participants will learn the underlying reasons for difficult behaviors, and be able to discuss the importance of modeling and teaching consistent discipline strategies for children 0-5.</b>			
Aug 4	9am-12 noon Los Angeles County Perinatal Mental Health Task Force	Maternal Depression <b>(La Depresión Materna)</b>	FRC Conference Room (lower level)
<b>Participants will learn about perinatal mood disorders (including Maternal Depression) and strategies for prevention, self help, referral, and intervention.</b>			
Aug 11	9am-12 noon/1-4 pm (choose 1 session) Child Development Institute (CDI)	Typical/Atypical Development <b>(Desarrollo Típico/Atípico)</b>	FRC Conference Room (lower level)
<b>Typical/Atypical Development: Participants will learn about the normal development including social emotional milestones, cognitive development, speech and language development, motor development and sensory integration. Participants will be introduced to Red Flag issues which signal a developmental delay.</b>			
Aug 18	9am-12 noon/1-4 pm (choose 1 session) Child Development Institute (CDI)	Bonding and Attachment <b>(Lazos Emocionales entre Padres y Hijos)</b>	FRC Conference Room (lower level)
<b>Bonding and Attachment: Participants will be introduced to interactions between attachments, relationships, and brain development. Information will help parents understand the effects of their interactions on their children.</b>			
Aug 25	9am-12 noon/1-4 pm (choose 1 session) Child Development Institute (CDI)	Challenging Behaviors <b>(Comportamientos Desafiante)</b>	FRC Conference Room (lower level)
<b>Challenging Behaviors: Participants will be introduced to the events and circumstances associated with the outcomes of challenging behaviors, the significance of supporting infants and toddlers with challenging behaviors, and strategies to support the child when working with challenging behaviors.</b>			