

Parent Education Series via ZOOM



SEPTEMBER 2020

Come and join us at the OCDC Parent Education Series via ZOOM. We are pleased to invite you to the following series

Day and time – Every Wednesday from 6:00 PM to 7:15 PM

Come and Join us to a 1 hr. training with 15 minutes of Questions and Answers

All registered attendant will receive a Certificate of Participation after the trainings

Topics

1. Wednesday – September 2nd, 2020 - 6:00 PM to 7:15 PM

Talking with Children About Safety from Sexual Abuse!

In this training you will learn how to talk with and listen to children about sexual abuse and personal safety.



Presenter: Liliana Will

Liliana has over 12 years' experience working in Public Health. This includes over five years working in the non-profit sector as a specialist in program management focusing on youth and families.

She has a strong background building partnership with local agencies, universities, community organizations, and the health industry to serve needy families. She is currently an independent contractor, helping organizations grow, manage, and develop programs. At Children's Center Liliana is the Prevention Project

Coordinator, working to prevent child abuse and neglect. She works closely with volunteers to present a dynamic curriculum and plan the logistics for workshops for over 2000 individuals by the Summer of 2020. She is excited to work with this community and help move the mission of Children's Center forward.

2. Wednesday – September 9th, 2020 - 6:00 PM to 7:15 PM

Access to food during a pandemic!

As a response to COVID-19, Familias en Acción Program (Families in Action) through their Nutrition and Food Equity Program Abuela, Mama y Yo (Grandmother, Mom and I) have been working with Hunger Free Oregon to share with our communities' food resources available to the Latino Community. We know that access to food is critical and a great need in our communities, and we believe that together we can share these resources and promote access and food security among Latino families.



Presenter: Rebeca Márquez

Rebeca is the Manager of the Nutrition and Food Equity Program, she is from Xalapa, Veracruz, Mexico, she is an advocate of public health, passionate about supporting the rights of immigrants and creating social change.

3. Wednesday – September 16th, 2020 - 6:00 PM to 7:15 PM

Making changes to be Healthy!

Have you ever wonder how much sugar your drinks have? Or what food is better for you and your family? In this class you will learn about healthy cooking habit that will benefit you and your family. Come and learn about labels and how to read them. Help your family stay healthy with the food they eat.



Presenter: Matilde Rodriguez

Matilde is the Nutrition Education Program Assistant for OSU Extension Service in Washington county. She has been working for OSU extension for the last 14 years overseen trainings for the community, food bank support and summer cooking classes around the community she serves.

OSU Extension Service provides information and expertise across communities to inspire youth and adults to be lifelong learners, encourage a culture of healthy people and environments, and to collaborate with community partners and agencies to address real-world problems in Washington County.

4. Wednesday – September 23rd, 2020 - 6:00 PM to 7:15 PM

Graduation and College Preparation Requirements!

We know the importance of sending our kids to college so they have a career they like and pays well. This presentation will talk about what we can do as parents to prepare our children not only to graduate from high school, but to follow the university or college. I'll talk about how to pay for college and graduation requirements. Although your children aren't in Middle School or High School, it's good to know what information they're going to need.



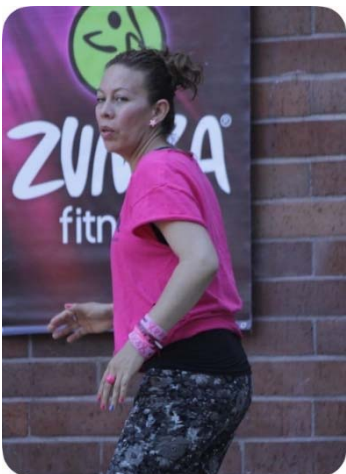
Presenter: Jonathan Fernow

Jonathan has worked in the Oregon Department of Education as a Migrant Program Specialist from December 2008 to May 2020. He is now the Director of the Oregon Migrant Service Center in Salem that supports and trains migrant program staff throughout the state. He has worked at the district level as ESL Coordinator and the Migrant program. He holds a bachelor's degree in Elementary Education from Warner Pacific College in Portland, OR, for masters in Ed. From Linfield College in McMinnville, OR and an ESL and Lewis & Clark Administration license in Portland, OR.

5. Wednesday – September 30th, 2020 - 6:00 PM to 7:15 PM

ZUMBA with my family!

In this class, you and your kids will work together and exercise together while having fun! You will get simple and great exercise movements that will keep you and your kids moving. We will use different types of music that children and families like and listen to. This class is only 50 minutes and we will have an extra 10 minutes to respond to any question you may have.



Presenter: Maria Eugenia Garcia

Maru has been working for the last 8 years with the Virginia Garcia Clinic in Washington county by providing Zumba classes to the community to support patients that are dealing with issues related to high blood pressure, diabetes, and depression. She has also provided ZUMBA classes for children in elementary schools in Hillsboro. She graduated from the OCDC PODER group. One of her goals after she finishes her PODER leadership classes was to support and help her community, by becoming a ZUMBA teacher she has been able to fulfill her goal and loves her work in the community. She is a mother of 3 wonderful young adults, she is very proud of them, one graduated from the university and the other two are almost ready to finish their university. Maru is very excited to support the parent educational series with a virtual ZUMBA class, come and have fun with Maru and us!

ALL trainings will have Translation from English to Spanish or Spanish to English. To register please send an email to Mayra.Polanco@ocdc.net or send a text with your cell number and/or email so we can send you the link to the meeting at 503-826-4786