



TRIPLE P CLASSES IN ENGLISH

APRIL 2025

See reverse for classes offered in Spanish | *Vea el reverso para las clases ofrecidas en español*

IN PERSON CLASSES

For various ages & abilities

Workshop: Setting Healthy Screen Time Limits (In English with interpretation into Spanish) *For families with children in Landmark Elementary*

Wednesday, Apr 2 | 1 – 2:30 pm
Landmark Elementary School
235 Ohlone Pkwy, Watsonville

Register:
<https://bit.ly/ScreenTime-Apr2>
Childcare available with advance registration.

For families with children 0 - 5 years

Workshop: Understanding Why Your Baby Cries

Wednesday, April 9 | 6 – 7:30 pm
Live Oak Resource Center
1740 17th Ave, Santa Cruz

Register: <https://bit.ly/Crying-Apr9>
Childcare available with advance registration.

Workshop: Coping with Big Emotions – Overcoming Fear

Friday, April 25 | 3 – 4:30 pm
Felton Public Library
6121 Gushee St, Felton

Register: <https://bit.ly/Fear-Apr25>

For families with children up to 12 years

Workshop: Encouraging Your Child's Self-Esteem

Friday, Apr 18 | 12:30 – 2 pm
Capitola Public Library, Community Room
2005 Wharf Rd, Capitola

Register:
<https://bit.ly/Self-Esteem-Apr18>

For families with tweens & teens 10-16+ years

Seminar Series

Beach Flats Community Center, 133 Leibrandt Ave, Santa Cruz (Applies to all sessions) *Childcare available with advance registration.*

1st Session: Raising Responsible Teens

Thursday, Apr 10 | 6 – 7:30 pm

Register: <https://bit.ly/Responsible-Apr10>

2nd Session: Raising Competent Teens

Thursday, Apr 17 | 6 – 7:30 pm

Register: <https://bit.ly/Competent-Apr17>

3rd Session: Getting Teens Connected

Thursday, Apr 24 | 6 – 7:30 pm

Register: <https://bit.ly/Connect-Apr24>

For families with children with special needs

Workshop: Adapting to Having a Child with Special Needs

Tuesday, Apr 29 | 6 – 7:30 pm
Live Oak Resource Center
1740 17th Ave, Santa Cruz

Register: <https://bit.ly/Adapt-Apr29>
Childcare available with advance registration.

VIRTUAL CLASSES

For various ages & abilities

Workshop: Stress-Busters for Parents & Caregivers

Monday, Apr 28 | 6 – 7:30 pm
On Zoom

Register:
<https://bit.ly/Stress-Apr28>

For families with children 0 - 5 years

4-Week Group: Teaching Children to Clean Up

Wednesdays, April 16 – May 7
6 – 7:30 pm | On Zoom

Register:
<https://bit.ly/Clean-Up-Apr2025>

For families with children up to 12 years

Workshop: Promoting Positive Behaviors at School

Monday, Apr 21 | 11 am – 12:30 pm
On Zoom

Register: <https://bit.ly/Behavior-Apr21>

Workshop: Helping Diverse Learners Thrive *(For families with children in Pajaro Valley Unified District.)*

Tuesday, Apr 22 | 6 – 7:30 pm
Childcare available with advance registration.

Register:
<https://bit.ly/TripleP-PVUSD-Classes-ENG>





CLASES DE TRIPLE P EN ESPAÑOL

ABRIL 2025

Vea el reverso para las clases ofrecidas en inglés | See reverse for classes offered in English

Clases en persona

Para varias edades y habilidades

Taller: Estableciendo límites saludables de tiempo de pantallas (en inglés con interpretación al español) *Para familias con niños en la Primaria Landmark.*

el miércoles, 2 de abr | 1 – 2:30 pm
Escuela Primaria Landmark
235 Ohlone Pkwy, Watsonville

Inscríbese:

<https://bit.ly/ScreenTime-Apr2>
Cuidado de niños con inscripción previa.

Taller: Armas contra el estrés para padres y cuidadores (en español con interpretación al mixteco)

el lunes, 28 de abr | 6 – 7:30 pm
La Manzana Recursos Comunitarios
18 W. Lake Ave, Suite E, Watsonville

Inscríbese: <https://bit.ly/Estres-28Abr>
Cuidado de niños con inscripción previa.

Para familias con niños de hasta 12 años

Taller: Promoviendo el comportamiento positivo en la escuela

el jueves, 10 de abr | 6 – 7:30 pm
Live Oak Recursos Comunitarios
1740 17th Ave, Santa Cruz

Inscríbese: <https://bit.ly/Escuela-10Abr>
Cuidado de niños con inscripción previa.

Taller: Ayudando a los estudiantes neurodiversos a prosperar (*Para familias del Distrito Unificado de Pajaro Valley.*)

el martes, 22 de abr | 6 – 7:30 pm
Centro de Participación y Bienestar Familiar
530 Palm Ave, Watsonville

Inscríbese:
<https://bit.ly/TripleP-PVUSD-24-25-Clases-ES>
Cuidado de niños con inscripción previa.

Clases virtuales

Para familias con jóvenes de 10 - 16 años

Taller: Cómo fomentar amistades positivas entre adolescentes

lunes, el 14 de abr | 6 – 7:30 pm
por Zoom

Inscríbese: <https://bit.ly/Amistad-14Abr>

Triple P

El programa
padres
positivos



Para conocer más sobre Triple P escanee el código QR o comuníquese al:

(831) 465-2217 | triplep@first5scc.org

