

# TRIPLE P CLASSES NOVEMBER 2023

## CLASES DE TRIPLE P NOVIEMBRE 2023

Classes will be **virtual (V)** or **in person (IP)** | Las clases serán **virtuales (V)** o **en persona (EP)**

For all ages & abilities   Para varias edades y habilidades		
<b>Taller:</b> El arte de ser padre (V)	<b>jueves, 9 de nov.</b>   6 – 7:30 pm	<b>Inscribase:</b> <a href="https://bit.ly/Padres-9Nov">https://bit.ly/Padres-9Nov</a>
<b>Workshop:</b> Being a Parent (IP)	<b>Tuesday, Nov. 16</b>   4:30 – 6 pm	<b>Register:</b> <a href="https://bit.ly/Parent-Nov16">https://bit.ly/Parent-Nov16</a> 1740 17th Ave, Santa Cruz
<b>Seminar:</b> The Power of Positive Parenting (IP)	<b>Monday, Nov. 13</b>   6 – 7:30 pm	<b>Register:</b> <a href="https://bit.ly/Positive-Parenting-Nov13">https://bit.ly/Positive-Parenting-Nov13</a> 18 W. Lake Ave, Suite E, Watsonville
<b>Seminar:</b> Raising Confident, Competent Children (IP)	<b>Monday, Nov. 20</b>   6 – 7:30 pm	<b>Register:</b> <a href="https://bit.ly/Confident-Children-Nov20">https://bit.ly/Confident-Children-Nov20</a> 18 W. Lake Ave, Suite E, Watsonville
<b>Seminar:</b> Raising Resilient Children (IP)	<b>Monday, Nov. 27</b>   6 – 7:30 pm	<b>Register:</b> <a href="https://bit.ly/Resilient-Children-Nov27">https://bit.ly/Resilient-Children-Nov27</a> 18 W. Lake Ave, Suite E, Watsonville
For families with children from birth - 5 years   Para familias con niños desde el nacimiento - 5 años		
<b>Workshop:</b> Traveling With Your Children (V)	<b>Monday, Nov. 6</b>   5:30 – 7 pm	<b>Register:</b> <a href="https://bit.ly/Travel-Nov6">https://bit.ly/Travel-Nov6</a>
<b>Workshop:</b> Teaching Children to Share (V)	<b>Monday, Nov. 13</b>   5:30 – 7 pm	<b>Register:</b> <a href="https://bit.ly/Sharing-Nov13">https://bit.ly/Sharing-Nov13</a>
<b>Workshop:</b> How to Handle Fighting & Aggression (V)	<b>Monday, Nov. 20</b>   5:30 – 7 pm	<b>Register:</b> <a href="https://bit.ly/Aggression-Nov20">https://bit.ly/Aggression-Nov20</a>
For families with children from 6-12 years   Para familias con niños de 6-12 años		
<b>Workshop:</b> Encouraging Your Child's Self Esteem (V)	<b>Thursday, Nov. 2</b>   6 – 7:30 pm	<b>Register:</b> <a href="https://bit.ly/Self-Esteem-Nov2">https://bit.ly/Self-Esteem-Nov2</a>
For families with tweens and teens 10-16+ years   Para familias con preadolescentes y jóvenes de 10-16+ años		
<b>Taller:</b> Estableciendo limites saludables de tiempo de pantalla (V)	<b>viernes, el 3 de nov.</b>   6 – 7:30 pm	<b>Inscríbese:</b> <a href="https://bit.ly/Tiempo-Pantalla-3Nov">https://bit.ly/Tiempo-Pantalla-3Nov</a>
<b>Workshop:</b> Strategies to Help Teens Manage Anxiety (V)	<b>Thursday, Nov. 9</b>   6 – 7:30 pm	<b>Register:</b> <a href="https://bit.ly/Anxiety-Nov9">https://bit.ly/Anxiety-Nov9</a>
<b>Workshop:</b> Setting Healthy Screen Time Limits (V)	<b>Friday, Nov. 17</b>   5:30 – 7 pm	<b>Register:</b> <a href="https://bit.ly/Screentime-Nov17">https://bit.ly/Screentime-Nov17</a>
<b>Taller:</b> Navegando las conductas desafiantes en casa y en la escuela (EP) <i>(Para familias con niños y adolescentes que asisten a las escuelas del PVUSD) <u>En español con interpretación simultánea al inglés</u></i> <b>Workshop:</b> Navigating Challenging Behaviors at Home & School <i>(For families with children and teens attending schools in PVUSD) <u>In Spanish with simultaneous interpretation into English</u></i>	<b>martes, el 28 de nov.</b>   6 – 7:30 pm <b>Tuesday, Nov. 28</b>   6 – 7:30 pm	<b>Inscríbese   Register:</b> <a href="https://bit.ly/TripleP-PVUSD-2023-24">https://bit.ly/TripleP-PVUSD-2023-24</a> 530 Palm Ave, Watsonville
For families with children with special needs   Para familias con niños con necesidades especiales		
<b>Stepping Stones Workshop:</b> The Power of Positive Parenting (V)	<b>Thursday, Nov. 16</b>   6 – 7:30 pm	<b>Register:</b> <a href="https://bit.ly/Positive-Parenting-Nov16">https://bit.ly/Positive-Parenting-Nov16</a>

