

# Parent Participation ONLINE!



## Parent Participation Teachers and Your Community are Here for You!

Find support and connect with others as you learn about the developmental stage of your child and enhance your parenting skills.

### September 14th - November 20th

Classes are held weekly and require internet connection and the Zoom application.

All classes will include parenting resources, ideas for activities to keep little ones engaged at home, and personal support and connection from your teacher.

## Introducing

### FREE Online Evening Discussion Classes just for Parents!

Gain parenting knowledge and form connections with other families from the comfort and safety of your own home. Join a class specific to your child's age (**infants, young toddlers, older toddlers, preschoolers**) lead by Parent Participation teachers for one hour in the evening, once a week. Teachers provide current information about parenting topics relevant to your child, and then facilitate a discussion so that everyone can learn from each other and share experiences.

### Online Classes for Parents and Children

#### Baby and Me Yoga Online

Teacher Vanessa Veiock leads a one-hour yoga practice for all levels focusing on building strength and relieving stress. Afterwards, there's time to connect with other parents, and a weekly self-care theme including specialized guest speakers and discussions.

#### Circle Time Preschool Online

Join Teacher Julie Ashworth for an interactive and engaging online short morning class to explore and enjoy a weekly theme together! Children will learn with songs, games, stories, and other play based activities. Families will receive weekly resources for easy projects and ways to extend the learning.

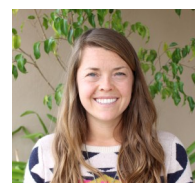
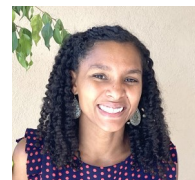
### FREE Online Parent Education Class Series

Love & Logic • Active Parenting 1-4 Year Olds • Active Parenting 1-5 Year Olds

Our free classes are brought to you by a grant from



Parent Connection  
of San Luis Obispo County  
[www.sloparents.org](http://www.sloparents.org)



## Enroll today!

[ParentParticipation.org](http://ParentParticipation.org)

(805)549-1222 • [ParentParticipation@slcsud.org](mailto:ParentParticipation@slcsud.org)

*adult school*  
SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT