

# F.A.C.T.S CLASS DESCRIPTIONS

## Story Time

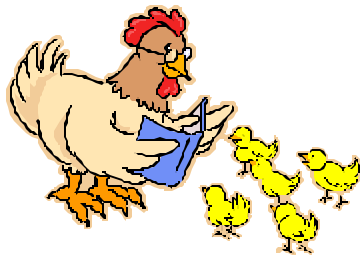
Lions East FACTS Center 2:30 pm  
Mulberry FACTS Center 4:00pm

Do you and your children love to read? Come join us at the FACTS Center where books come alive! We'll read a story and do a craft. Don't Miss it!

Presented by the Rancho Cucamonga Public Library. Call site location to register.  
Lions East FACTS Center: (909) 919-2626  
Mulberry FACTS Center: (909) 476-0279

Fee: No Charge

| Date           | Location         |
|----------------|------------------|
| March 16, 2004 | Lions East FACTS |
| March 17, 2004 | Mulberry FACTS   |
| April 6, 2004  | Lions East FACTS |
| April 7, 2004  | Mulberry FACTS   |
| May 4, 2004    | Lions East FACTS |
| May 5, 2004    | Mulberry FACTS   |
| June 8, 2004   | Lions East FACTS |
| June 9, 2004   | Mulberry FACTS   |



## Why Rent When You Can Own A Home

Mulberry FACTS Center  
Wednesday, March 17, 2004  
6:30 – 8:00 pm

To register call (909) 477-2765

Money spent on housing is the largest expenditure for families. Why rent when your family can own a home for a similar monthly payment? Discover the advantages of owning a home and learn how to get started on the right path. Join this class and learn how to become a homeowner! Instructed by Paul W. Orr.

Fee: No Charge

## Raising Kids in Difficult Times

Mulberry FACTS Center  
3<sup>rd</sup> Wednesday of Each month  
Starting April 21, 2004  
6:00 – 8:00 pm

To register call (909) 477-2765

Are you a parent that needs answers to a variety of parenting issues? At what age should temper tantrums stop? How can I prevent sibling rivalry? How can I positively discipline my children? These questions and many others will be explored during these monthly discussion groups. Clinton Whitson, the leader of the group has helped young families deal with difficult parenting issues and discover new parenting skills. Members of the group will have an opportunity to share what they have learned. Come and join this group any time. The agenda will be open and the group can go in the direction that will benefit those in attendance. Instructed by Clinton Whitson.

Fee: \$3.00 per family

Barcode: 41314

## Sibling Rivalry

YMCA Prime Time Family Time  
Thursday, March 18, 2004  
6:00 – 8:00pm

Call (909) 987-0777 to register

"Me first! Me first!" Does this sound familiar? If you have more than one child you have probably experienced sibling rivalry. Sibling conflict is common in most families. This informative class will help parents understand sibling rivalry and learn new techniques on how to help children solve their own conflicts. Discover how you can promote peace and harmony among your children. Presented by the YMCA Rancho Cucamonga/Fontana.

Lesson and Meal Included

Fee: No Charge

## ***Accountability Concepts***

*Ruth Musser Middle School  
Thursday, March 18, & 25 2004  
6:00 – 8:00pm*

*To register call (909) 477-2765*

Looking for new ways to teach your children the importance of responsibility? "Accountability Concepts" can help you and your family! This exciting program is certain to assist parents in helping their children become more responsible and dependable. A Los Angeles County Deputy Sheriff and his wife who have 5 children of their own designed this unique program. Learn a discipline system guaranteed to work. Find out how to hold children accountable for their actions and increase a child's desire to do what they are told. Instructed by Matt and Julie Reichman.

*Fee: \$3.00 per family      Barcode: 41371*

## ***Especially for Dads***

*Lions East FACTS Center*

| <i>Dates</i>             | <i>Barcode</i> |
|--------------------------|----------------|
| Thursday, March 18, 2004 | 41326          |
| Thursday, April 15, 2004 | 41365          |
| Thursday, May 20, 2004   | 41366          |
| Thursday, June 17, 2004  | 41367          |

*To register call (909) 477-2765*

This unique class is specifically designed for fathers of young children. Dads will learn the I CANS of fatherhood (Involvement, Consistency, Awareness and Nurturance). Join this informative group session and walk away with a personal action plan. The necessary tools will be offered to help fathers be the best they can. This class is for men only. Instructed by John Feith.

*Fee: \$3.00 per family*

## ***ADD and Ritalin***

*Lions East FACTS Center  
Monday, March 22, 2004  
6:00 - 8:00 pm*

*To register call (909) 477-2765*

Have questions about how ADD and Ritalin can effect your children? This informative seminar will help answer your questions regarding this over diagnosed condition. You will learn about the four causes of ADD and how they can be eliminated. The common myths about Ritalin, other treatment drugs and the secrets drug companies don't want you to know will also be discussed. Come join this class and hear what leading medical authorities say about ADD/ADHD and break-through research that can help you and your child.

*Fee: No Charge*

## ***Personal Boundaries for Young Children***

*Mulberry FACTS Center  
Wednesday March 24, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

Do you have a hard time saying 'no' to your children? Do you feel guilty when you do say no? This class will help you learn to set limits without being too rigid or too lenient. Learn to develop and practice healthy personal boundaries and demonstrate to your children how to successfully set their own personal boundaries. Join us in learning about this new skill. Instructed by Laura Espinoza.

*Fee: \$3.00 per family      Barcode: 41312*

## ***Parenting by Listening, and Understanding***

*Mulberry FACTS Center  
Wednesday March 31, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

This class will teach you about the 12 key concepts of parenting. The Instructor will offer tools to improve your relationships with your children. These important concepts include empowerment, limit setting, positive reinforcement, behavior management and the use of "time outs". You will also learn how to effectively use the ideas of discipline vs. punishment and reflective listening. Join us and learn how you can enhance your parenting skills. Instructed by Clinton Whitson.

*Fee: \$3.00 per family Barcode: 41313*

## ***Help Your Children Through Parental Divorce***

*Lions East FACTS Center  
Thursday, April 1, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

Are you a newly separated or divorced parent looking for ways to help your children cope through this difficult time? This very special class has the answers and is designed to give you the necessary tools to deal with this sensitive issue. Learn how to develop a parenting relationship with your former spouse, increase understanding with your children, and learn effective ways to discipline and parent alone. The focus of this class is how to help children productively carry on through the transition of separation and divorce. Come join our class and learn how parents can minimize and eliminate the conflicts of divorce that may arise. Instructed by Clinton Whitson.

*Fee: \$3.00 per family Barcode: 41338*

## ***Holiday Fun***

*Mulberry FACTS Center  
Wednesday, April 7, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

Catch a healthy case of Spring Fever by joining this fun interactive class. Learn simple crafts, recipes and games for all ages to enjoy. Discover new ways to create family memories. Get the whole family in on the holiday celebration with exciting and creative Easter treats. Instructed by Michelle Preston.

*Fee: \$3.00 per family Barcode: 41362*



## ***Building Self – Esteem***

*Lions East FACTS Center  
Tuesday, April 13, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

Self-esteem and self-confidence are two of life's ongoing requirements. They are the keys to happiness and success. The more self-esteem you have the healthier and stronger you can become. Join us as we discuss ideas on how to build self-esteem and create a home environment where adults and children can thrive each day. Instructed by Wendy Gladney-Brooks.

*Fee: \$3.00 per family Barcode: 41368*

## ***Nutrition for Preschoolers***

*Lions East FACTS Center*

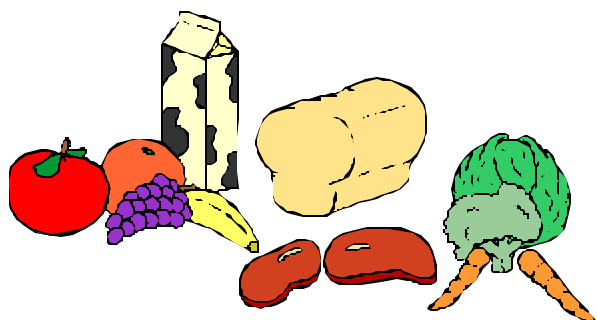
*Tuesday, April 13 through May 25, 2004*

*To register call (909) 477-2765*

Are you looking for quick, fun and most importantly nutritious meals for you children to enjoy? Don't miss out on this series of six lectures presented by the University of California. You will learn how to plan nutritional meals that are affordable, easy to prepare and enjoyable. You will also learn how to use the food pyramid to help prepare all your meals. Instructed by Emily Nielsen

*Fee: No Charge*

*Barcode: 41379*



## ***Home Schooling***

*Mulberry FACTS Center*

*Wednesday, April 14, 2004*

*Wednesday, June 2, 2004*

*6:00 – 8:00 pm*

*To register call (909) 477-2765*

Parents in California can legally home school his or her child. Have you ever wondered how to do this and what resources are available? Come to this introductory lecture and get answers to all of your home schooling questions. Find out if home schooling really is a viable option for your family. Learn what choices are available to set up your own successful home schooling program for preschoolers to high school aged youth. Instructed by Nancy Sherod.

*Fee: \$3.00 per family*

*Barcode: 41377*

## ***Building a Strong Family Unit***

*YMCA Prime Time Family Time*

*Thursday, April 15, 2004*

*6:00 – 8:00pm*

*Call (909) 987-0777 to register*

Join this family fun evening for a lesson on how to build a strong family unit. Amid the daily stressors of life, marriage, jobs, children and money, the quality time spent with family can decrease. This class will help families continue to keep their relationships healthy and strong. Learn how you can increase your family time and maintain respectful communication. Presented by the YMCA Rancho Cucamonga/Fontana Family.

*Lesson and Meal Included*

*Fee: No Charge*

## ***Preparing For Kindergarten***

*Terra Vista Apartment Clubhouse*

*10935 Terra Vista Parkway*

*Thursday, April 22, 2004*

*6:00 – 8:00 pm*

*To register call (909) 477-2765*

The transition from being a Preschooler and stepping into a Kindergarten class can be overwhelming for children and parents. Join this class and take a peek into a kindergarten classroom. A preview of what your child will learn in one of their most important years of his or her elementary school career. You will learn helpful hints on how to make sure your child is prepared for this very important step. Plan ahead and help your child get ready for their first day of kindergarten. Instructed by Melanie Sowa.

*Fee: No Charge*

*Barcode: 41372*



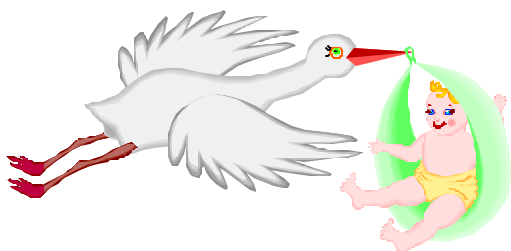
## Childbirth

Mulberry FACTS Center  
Wednesday, April 28, 2004  
6:00 – 8:00pm

To register call (909) 477-2765

Pregnancy is a very special time in a person's life. Knowing what birthing options are available and how you can provide yourself with the best possible care is crucial to a healthy pregnancy and delivery. Join us as we discuss the use of medications and anesthesia during birth. We will also learn about the birthing procedures and recovery strategies. Pregnancy is an amazing process! Feel confident and comfortable with your experience. Instructed by Karen Ornelas.

Fee: \$3.00 per family Barcode: 41364



## Coping Skills

Lions East FACTS Center  
Thursday, April 29, 2004  
6:00 – 8:00 pm

To register call (909) 477-2765

Dealing with home and work issues can be stressful. Are you searching for ways to help deal with everyday life stressors and still manage to keep your children positive and happy? Join this class and learn new skills and techniques that will help you and your children to develop healthy and productive coping skills. Instructed by Laura Espinoza.

Fee: \$3.00 per family Barcode: 41363

## Stop Smoking

Del Mar Apartment Clubhouse  
10935 Terra Vista Parkway  
Tuesday's, May 4 – 25, 2004  
6:00 – 8:00 pm

To register call (909) 477-2765

Secondhand smoke affects children in many negative ways. Children who live with smokers get more coughs, colds, pneumonia, ear infections and asthma attacks. These children are also more likely to have heart disease, breathing problems or lung cancer when they grow up. Help prevent these things from happening to your children. If you live with a smoker or are a smoker yourself please plan on attending this four week seminar designed to help even the most adamant smoker to quit. Instructed by Frank Hernandez.

Fee: No Charge

Barcode: 41373

## Keeping Your Family Safe

YMCA Prime Time Family Time  
Thursday, May 20, 2004  
6:00 – 8:00pm

Call (909) 987-0777 to register

Join this fun evening for a lesson on how to keep the family safe this summer and all year long. The lesson will cover topics on water safety, issues relating to strangers, floods, fires, earthquakes and terrorism. Presented by the Rancho Cucamonga/Fontana Family YMCA.

Lesson and Meal Included

Fee: No Charge



## **Debt Freedom**

*Mulberry FACTS Center  
Wednesday, May 26, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

Studies show that families with small children get into debt and then stay in it for the rest of their lives. Come to this lecture and learn how you can avoid debt for your whole life. You can live debt free from the very beginning and use your money to start saving for retirement, your children's education, or a home. Learn how to easily break the conventional debt rules and make your money work best for you! Instructed by Paul Orr.

*Fee: No Charge*

*Barcode: 41376*



## **Family Dynamics**

*Lions East FACTS Center  
Thursday, May 27, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

The family is the core social structure, which shapes who we are. Are you interested in learning how each family member can effect how a family functions? Identifying family roles and dynamics can be useful in developing parenting skills in accord to each child's personality and their individual needs. Join us in learning about a new skill that will help in developing a healthy lifestyle. Instructed by Laura Espinoza.

*Fee: \$3.00 per family*

*Barcode: 41369*

## **Don't Get Stuck**

*How to deal with minor Vehicle Breakdowns  
Saturday, June 5, 2004  
2:00 - 4:00 pm*

*To register call (909) 477-2765*

Has your car ever stalled in the middle of a busy intersection? Ever been stranded with a flat tire or a dead battery? The frustration of waiting for automobile service can be stressful and inconvenient especially if your children are with you. This class will teach you how to deal with unexpected vehicle problems. Learn how to change a flat tire, care for an overheated engine or jump-start a vehicle. Sign up for this informative class today! Instructed by Don Watson.

*Fee: \$3.00 per person*

*Barcode: 41375*

## **Turning Hate and Resentment Into Love and Respect**

*Del Mar Apartment Clubhouse  
Tuesday, June 8, 2004  
6:00 – 8:00 pm*

*To register call (909) 477-2765*

Often parents of young children are forced to deal with the shortcomings of others that have been involved in their lives. Resentment can often build to the point that it diminishes their ability to be effective parents. If you find yourself having trouble forgiving someone or something from your past and you have found that this resentment is holding you back please attend this very informative and helpful group discussion. The mediator is Wendy Gladney - Brooks who is the president of Forgiving For Living. Wendy will share 10 steps that she has used to turn hate and resentment into love and respect. Instructed by Wendy Gladney-Brooks.

*Fee: No Charge*

*Barcode: 41374*

## ***Mom, I'm Bored***

*Learn fun Activities and places to go with kids*

*Mulberry FACTS Center*

*Wednesday, June 9, 2004*

*6:00 – 8:00 pm*

*To register call (909) 477-2765*

Wondering what to do with your kids this summer? Learn some great crafts and activities, as well as fun day trips that will keep your kids happy all summer long. What are the best museums and libraries for kids? Which places are the most kid friendly? What can you do without leaving your house? Tons of ideas for a TV-free summer! Instructed by Sheri Herchenroeder.

*Fee: \$3.00 per family*

*Barcode: 41397*



## ***Single Parenting***

*Skills for Better Living*

*Mulberry FACTS Center*

*Wednesday, June 23 & 30, 2004*

*6:00 – 8:00 pm*

*To register call (909) 477-2765*

This class will be taught by Dr. Eric Evenhuis, a marriage and family therapist in the Inland Empire with 25 years of counseling experience will teach the class. During his class parents will learn how to express love and affection in a way your child will understand. Parents will also learn keys to effective communication and discipline, positive and negative consequences, and how to keep your kids safe- the three "S's" Supervision, Structure, and Spot Checks. Instructed by Eric Enenhuis.

*Fee: \$3.00 per family*

*Barcode: 41392*

## ***Raising Caring, Kind, Happy, Healthy Children***

*YMCA Prime Time Family Time*

*Thursday, June 17, 2004*

*6:00 – 8:00pm*

*Call (909) 987-0777 to register*

Join us this evening for a lesson on how you can provide the best for your children. Class topics will cover issues such as a healthy diet, exercise/sports, exposure to different cultures/traditions, pet care and caring for siblings and pets. Don't miss out on this fun family evening. Presented by the Rancho Cucamonga/Fontana Family YMCA.

*Lesson and Meal Included*

*Fee: No Charge*