

PARENT PARTICIPATION

(ages 3 - Pre-K)

Parent Education Through Parent/Child Participation

A parent participation preschool program for children ages three through kindergarten entry.

Camp Co-op

PACIFIC GROVE PRESCHOOL

CO-OP (PINE AVENUE)

8 am to 2 pm for children ages 3 years 9 months to Kindergarten entry. Five weeks of summer fun; field trips, special projects, cultural celebrations, and reinforcement of early childhood skills learned during the school year.

Call for space availability
(831) 646-6583

June 22- July 24

\$40 fee per week per child or

\$150 for all 5 weeks

Jennifer Ross & Larise Baker



RAISING EMOTIONALLY HEALTHY

CHILDREN

Based on the workshop and parenting guide by Dr. Gerald Newmark of The Children's Project - providing powerful and practical concepts and tools that enable parents, teachers, and childcare providers to interact with children and with each other in emotionally healthy ways.

Room: 4

T - 7-9 pm June 16 - July 21

Fee: \$65

Lisa Senkel

PARENTS' PLACE

Check out our web page at:
www.pgusd.org/parents

**Pre-register for the following
classes by calling 646-6623**

Mission Statement

To provide parents with information needed to nurture their children in a positive, healthy, loving environment.

To offer an atmosphere of support and comfort which encourages the building of a community of parent to parent relationships.

To honor and respect the family in all its forms.

To promote a sound educational curriculum that increases parents confidence and allows for diversity in learning modes.

Parent Education through Parent/Child Participation

Parents' Place is a parent education program for parents and children, pre-natally through age three.

Fee is \$80 for 13 weeks term.

Includes core class and all specialty

classes. Scholarships available based on a sliding scale.

CORE CLASSES

We offer age specific Core classes, that parents and children attend together. Learn about your child's development, network with other parents and develop parenting skills. Each class meets weekly, for three hours, for a 13 week term.

Call the office to check for days and availability

EVENING CLASSES

Core classes for our working parents and families.

Newborn to 36 months

Th 5-8pm

Room: 10 (Sun Room)

PARENTS' PLACE

SPECIALTY CLASSES

We offer focus based classes for parents and children to attend that provide hands on, experiential opportunities that enhance growth on many levels. Each specialty class meets weekly and you can attend as many as you like. Come to class and stay as long as you like.

TOTS IN MOTION

This class is a movement, exploration class for children crawling - 2 1/2. For safety reasons, we require one adult per child. Parents may "wear" infant siblings and participate.

T 9am - 12noon

Th 9am - 12noon

PGAE Multi

THE WONDER OF SCIENCE

Here is your chance to explore nature and discover things you never knew!

T 9:30am - 1:30pm

YOUNG AT ART

"It is the process not the product!" This is the motto of our hands on class that focuses on exploration and creativity for young children. Dress in play clothes and join the fun!

Th 9:30am-1:30pm

F 9:30am-1:30pm

FUN WITH FOOD

Let your child experience the fun of creating, tasting and serving their own snacks.

F 9:30am - 1:30pm

WEE CHANT

Music helps develop the brain! It is the universal language and expresses every emotion safely. Come and experience the magic of MaryLee Sunseri and with your child, experience the voice of an angel.

F 1:00- 3pm

DADS IN ACTION

Fathers and children, birth to age three, enjoy time together. They also engage in child development related discussions, as well as invite guest speakers and join up for interesting field trips.

2nd Sat. of each month

9am-12 noon

PRE-NATAL YOGA

Meet other pregnant women and explore safe ways to move, stretch and breathe using yoga techniques. This class will help prepare you for the labor experience as well as postpartum.

W 5:30-8:30 pm

PGAE Multi

Fee is \$80 for 13 week term

POSTNATAL YOGA

Enjoy time with your baby as you gently move your body after birth.

F 10:30am-12:30pm

Fee is \$35 for a five week term.

INFANT MASSAGE

Take time to learn proven techniques which help your baby's digestion and physical development.

Offered Monthly.

POSTPARTUM WELLNESS SUPPORT

GROUP

Are you feeling overwhelmed, out of sorts and not yourself? Join Meg Grundy, LCSW and Jennifer Golden, MSW, to share and find out you are not alone! Brainstorm ideas to make life a bit better each day.

2nd Th of each month.

10-11:45am

GREAT EXPECTATIONS

Expecting a baby?

Topics covered in the four week series include: exploring birth options, creating your birth plan, labor and delivery, pain with a purpose, getting to know your baby, attachment and bonding.

W 6-9 pm call for dates 646-6623

Fee \$25 for the four week series

PARENTS' PLACE/HEALTH & SAFETY

MANAGING MULTIPLES

Here is your chance to connect with parents of other multiples. Learn nighttime coping strategies and tips on how much help is too much? Discuss the unique challenges and situations with having multiple children of the same age.

2nd Sat. each month
9am-12 noon



DIGGING IT IN THE GARDEN

Plant a seed, water a sunflower, smell a daisy!

Lots of hands on activity for the small toddler and parent together.

Weather Permitting

HEALTH & SAFETY

HEALTH/WEIGHT MANAGEMENT

HEALTH/WEIGHT MANAGEMENT

LIFESTYLE SYSTEM

Learn a lifestyle system including glycemic instruction that will bring you more energy, great health, and weight management.

Room: Multi

T 1:15-3:15 pm

Fee: \$50 per term

Harvey Horrocks

BOOSTING YOUR DIET WITH FRESH FOOD

From apples to zucchini and bananas to yams this Nutrition Class provides you with nutritional information and inspiration about fresh produce. An instructor will present recipes and offer occasional tasty samples. You will be able to expand your cooking repertoire and improve your diet with healthy eating habits.

(In collaboration with the Meals on Wheels Produce Market at the Sally Griffin Active Living Center).

375-4454.

Sally Griffin Active Living Center

W 11am - 1pm

Fee \$25 per term

Janet Light

55 years and older Free

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Lisa Senkel

BELLY DANCING

Learn basic patterns of Middle Eastern belly dance, body isolations and combinations, veil work, musical rhythms, terminology, costuming, historical context and performance elements including improvisation and choreography.

Room: Multi

Th 7-9 pm

Fee: \$50 per term

Flora Anderson