

**NORTH BABYLON PARENT and
YOUTH ACTIVITIES COMMITTEE
AND THE OWL TEACHERS' CENTER PRESENT**

P.Y.A.C.



2022



**PARENTING ISN'T EASY –
WE ARE HERE TO HELP!**

REGISTRATION FORM

Name _____ Cell Phone _____

Address _____

Street Town State Zip

Email: _____

**** CIRCLE WORKSHOPS YOU WILL ATTEND ****

| | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |

**CHILDREN CAN ONLY ATTEND WORKSHOPS 6, 12 & 16-20. LIST THEIR INFO HERE **

Name: _____ DOB / / School: _____ Grade: Workshop

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Total Registration Fee Enclosed: \$ _____

REGISTRATION INFORMATION AND INSTRUCTIONS

- All workshops will take place at the Anthony J. Tatti Youth Center located at 213 Phelps Lane, North Babylon (in Phelps Lane Park). You must be pre-registered to attend any workshop. Workshops are free except where noted.
- **MAKE CHECKS PAYABLE TO PYAC. MAIL YOUR REGISTRATION FORM AND CHECK TO: North Babylon P.Y.A.C, P.O. Box 2403, North Babylon, NY 11703 or drop off at the Youth Center, 10:00AM–6:30PM, Monday through Friday.** Workshops are open to the public.
- Children can only attend workshops listed above.
- Workshop size is limited. Registration is on a first come/first served basis. We must have a certain number of participants to run the workshops, so please register early to avoid cancellation. We will contact you if we must cancel a workshop due to low registration. We reserve the right to cancel workshops due to lack of registration, inclement weather, and availability of building and/or availability of workshop instructor.
- Please contact us at 631-422-0333 for more information on our programs or email us at donnanbcys@gmail.com.

North Babylon Parent and Youth Activities Committee consist of the following groups:
North Babylon Board of Education, North Babylon School's Administration, North Babylon Teachers' Organization,
North Babylon Council of PTAs and individual PTA units, North Babylon Public Library,
North Babylon Community Youth Services and other interested North Babylon Community Groups.
This program is partially funded by the Town of Babylon Youth Bureau and Supervisor Rich Schaeffer

HELP IN SCHOOL



1. SOCIAL MEDIA SAFETY

by Deanna Abbatiello

Prevention and Education Trainer, LICADD

MONDAY, 5/9 Time: 6:00PM – 7:00PM

TikTok, Facebook, Twitter, Instagram, and other social media platforms help you to stay in touch with family and friends around the world. We're all spending more time apart than ever before, so connecting online can be crucial. Still, it's important to remember that these platforms can pose risks, especially to the younger generation. Learn tips and ways to keep your kids safe from the many dangers of social media.

2. BULLYING PREVENTION

by Lisa Gorton, MHC-LP Prevention and Education Clinician
and Deanna Abbatiello, Prevention and Education Trainer
LICADD

MONDAY, 5/16 Time: 6:00PM – 7:00PM

Before technology, bullying typically occurred at school and in local neighborhoods but with the rapid advancement of technology, bullying has become a part of many children's experiences online. This workshop will teach parents and educators on how to recognize the different forms of bullying, how group dynamics can lead to bullying, and signs to look for in a child that may be a victim of bullying. Learn how to talk with your child about what to do if they or someone they know is being bullied.



3. PARENTS & TEACHERS - LET'S TALK!

by Debbie Salitsky, LCSW

TUESDAY, 5/17 Time: 6:00PM – 8:00PM



Parents and educators should always have an open line of communication when addressing a child's specific needs or brainstorm solutions to solve problems. These conversations can be tricky, but it's important to learn how to talk to each other to navigate these sensitive subjects. This workshop will give strategies on how to have meaningful conversations to help resolve issues in a timely manner.

4. TRANSITION TO COLLEGE

by Lisa Gorton, MHC-LP Prevention and Education Clinician
LICADD

MONDAY, 5/23 Time: 6:00PM – 7:00PM

The transition from high school to a postsecondary institution is an important milestone. This period can be marked with enthusiasm as well as self-doubt, stress, and uncertainty. This workshop will provide information to help prepare students and families for the first year after high school, including what to expect and how to navigate common challenges.



PARENT FUN

5. CROCHETING 101

by Cynthia Morales, Special Education Teacher

Time: 6:00PM – 7:00PM

MONDAYS: 5/2, 5/9, 5/16, 5/23

This workshop is for beginners and is a good introduction to crocheting. Aside from learning crochet basic stitches, you will also learn about common crochet materials and how to read basic crochet patterns. Participants will work on projects such as a baby blanket, washcloths, an infinity scarf and a throw blanket. **Registration cost is \$30 and includes yarn and hook.**



6. GENTLE YOGA

by Colleen Kiker, Certified Yoga Instructor

Time: 5:45PM – 6:45PM

WEDNESDAYS: 5/4, 5/11, 5/18, 5/25

Gentle yoga is appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice – perfect for beginners, pregnant woman and seniors. Because the postures are not overly taxing on the body, this style of practice is beneficial for people who are pregnant, weak, recovering from an injury or seniors. It helps develop proper breathing and relaxation techniques and it can help you sleep better, reduce stress and decrease lower back pain. Please bring your own Yoga mat. Children in Grades 6-12 are welcome to attend with an adult. **Registration cost is \$20 for 4 classes.**

7. OUTDOOR ZUMBA

by Barbara Henke, Certified Instructor

Time: 7:00PM – 8:00PM

THURSDAYS: 6/23 – 8/11 (8 CLASSES)

Perfect for everybody and every body! This high energy class will take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning workout! Using today's popular music, once the rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. **CLASS WILL BE HELD OUTDOORS! Registration cost is \$30 for 8 classes.**



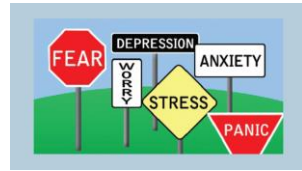
MIND, BODY & SOUL

8. THE ANXIOUS CHILD

by Lisa Gorton, MHC-LP Prevention and Education Clinician, LICADD

THURSDAY, 5/5 Time: 6:00 – 7:00PM

Many children have fears and worries and may feel sad and hopeless from time to time. Strong fears may appear at different times during development. For example, toddlers are often very distressed about being away from their parents, even if they are safe and cared for. Although fears and worries are typical in children, persistent or extreme forms of fear and sadness could be due to anxiety or depression. This workshop will teach parents and educators how to recognize the signs and how to help.



HELPING KIDS WITH COVID-19 CHANGES

9. HELPING CHILDREN POST COVID

Debbie Salitsky, LCSW

TUESDAY, 5/10 Time: 6:00 – 8:00PM

Never in the history of humanity have so many people been feeling intense anxiety related to COVID-19 and the world it will leave in its wake. The intent of this workshop is to give you a deeper understanding of the anxiety reaction as it relates to various aspects of our current life, ranging from our consumption of news to the way we talk to children about this. It will also give you clear strategies for managing and, in fact, turning off the anxiety response at least for short periods. This workshop can give you a better understanding of how your brain reacts to crises, along with some powerful tools for managing it before it manages you.



10. MINDFULNESS 101

by Kate Finnick

Certified Meditation Specialist

THURSDAY, 5/19 Time: 6:00 – 8:00PM

In this two-hour program, participants will learn the research-based benefits of leading a more mindful life. Participants will be exposed to a variety of mindfulness-based stress reduction exercises and leave with an abundance of tools to either begin or deepen daily mindfulness practices in order to better regulate emotions.

KEEP OUR KIDS SAFE

LEARN CONCUSSION SIGNS AND SYMPTOMS

SEE FULL LIST OF SYMPTOMS @

www.cdc.gov/Concussion



11. HEAD SAFETY – CONCUSSION WORKSHOP

by ToniAnn Tumminaro, Brain Injury Association of New York

WEDNESDAY, 5/25 Time: 6:00PM – 7:00PM

Concussions can occur at any time, in any place, it's not just a concern for athletes but for students from all walks of life. A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This workshop will teach participants how to create a safe environment for young children so that they can stay healthy, active, and thrive – both on and off the playing field. Participants will understand a concussion and the potential consequences of this injury, recognize concussion signs and symptoms and how to respond, learn about steps for returning to activity (play and school) after a concussion, and focus on prevention and preparedness to help keep students safe.



12. CPR/FIRST AID FOR TEENS

by Tom Henry, Advanced Training of Smithtown

TUESDAY, 5/24 Time: 6:00 – 8:00PM

This CPR/First Aid course is specifically designed for students in Grades 6-12. Students will receive a certificate of participation and will be trained in basic knowledge of CPR & Standard First Aid. Highly recommended for any teen currently seeking work or working as a babysitter or mother's helper and students who have younger siblings! **Registration cost is \$30.00**

LIFE SAVINGS SKILLS



SAVE A LIFE.

Learn HOW TO recognize & prevent an OVERDOSE!

13. NARCAN TRAINING

by Deanna Abbatiello

Prevention and Education Trainer, LICADD

MONDAY, 5/2 Time: 6:00 – 7:00PM

The Centers for Disease Control (CDC) reports that drug overdose, mainly due to the increase in non-medical use of prescription pain-relief drugs, is the second leading cause of deaths from unintentional injuries in the United States. In an effort to reverse this trend in Suffolk County, the Opioid Overdose Prevention Program trains participants on how to recognize an overdose, administer intranasal Narcan and take appropriate steps until EMS arrives. Participants will receive a certificate of training.

14. CPR/AED FOR ADULT/CHILD/INFANT

by Tom Henry, Advanced Training of Smithtown

TUESDAY, 5/17 Time: 6:00 – 9:00PM

ASHI (American Safety & Health Institute) CPR/AED course is designed specifically for individuals who are not healthcare providers or professional rescuers but desire, or are required, to be certified in CPR and the use of an AED. Ideal for teachers, parents and babysitters. Participants will receive a credentialed course completion card good for 2 years. **Registration cost is \$50.00.**

15. BASIC FIRST AID

by Tom Henry, Advanced Training of Smithtown

Wednesday, 5/18 Time: 6:00 – 9:00PM Cost: \$50.00

ASHI (American Safety & Health Institute) Basic First Aid helps individuals develop basic first aid knowledge, skills and the confidence to respond. This course will cover First Aid Basics, medical and injury emergencies plus environmental emergencies. Participants will receive a credentialed course completion card good for 2 years. **Registration cost is \$50.00.**

FAMILY TIME

16. BOOK CLUB

MONDAYS – 5/9, 5/16, 5/23

Time: 6:00 – 7:00PM

Reading is one of the most fundamental skills that we can acquire, and if you have children, you know how much emphasis is placed on its importance. It's more fun to read a book with your buddies! This workshop series will include reading a book each week and having activity time such as art or sports. For students in Grades 2-3. Parents are welcomed to attend.

17. PARENT/CHILD WORKSHOP SERIES

TUESDAYS – 5/10, 5/17, 5/24

Time: 6:00 – 7:00PM

Join us for a series of parent-child workshops where we will have a different activity each week that parents and kids can do together. Parents and kids will participate in an art class, have a cooking lesson and play in a sports night.

18. FAMILY GAME NIGHT

WEDNESDAYS – 5/11, 5/18, 5/25

Time: 6:00 – 7:00PM

It's time to ditch the technology and get back to the classics! Each week, parents and students can get together to form teams to play a variety of games. We have planned a team game night of Pictionary, a Scrabble tournament and a Lego Building Tournament.

19. CHESS CLUB

THURSDAYS – 5/12, 5/19, 5/26

Time: 6:00 – 7:00PM

This is a beginner's class where students will learn the basics of chess. After learning piece movement and the rules of chess, students will learn basic elements and strategies. Each student will have their own chess board to work with. For students in Grades 2-5. Parents are welcomed to attend.

20. FAMILY PAINT NIGHT

by Dara McDonald

THURSDAY, 5/12

Time: 6:30 – 8:00PM

Whatever the reason, it's always good to enjoy some time with the ones you love. Grab your kids and come join us for Family Paint Night! This class is designed for you and your child(ren) to have a night out together and have some creative fun. Parents and kids will each paint their own canvas using acrylic paints and you and your child will take home masterpiece. Light refreshments and desserts will be provided. **Registration is \$20 for one**