

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

P.Y.A.C.



2023



**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

**CHILDREN CAN ONLY ATTEND WORKSHOPS 6, 8, 9 & 10. 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) unless otherwise notated. 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 Teen Center, P.O. Box 2403, North Babylon, NY 11703 or drop off at the Youth Center, 10:00AM-6:00PM, Mon-Fri.** Workshops are open to the public.
- Workshop size is limited, and we must have a certain number of participants to run the workshops. Please register early to avoid cancellation. We will contact you if we must cancel a workshop and 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: dcannonbtc@outlook.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



1. HEALTHY EATING FOR BUSY FAMILIES

*Cathleen C. Davis MS, RDN, CDN, CDCES
Clinical Dietitian/Nutritionist*

Good Samaritan University Medical Center

TUESDAY, 5/2 Time: 6:30PM – 7:30PM

Cathleen Davis is a Registered Dietitian and Certified Diabetes Care and Education Specialist who has been working at the Good Samaritan Pediatric Specialty Care Center for the last 14 years. Cathy works with families of all different ages and sizes to both educate and guide the families through challenges that may include growth issues, food allergies, celiac disease, weight challenges (both under and over) as well as work with those who have abnormal blood tests like high cholesterol or even newly diagnosed diabetes. Cathy also had been a part of the Healthy Kids 10-week Wellness Program in Bay Shore for over 8 years teaching healthy nutrition to families with the goal of how to make small changes to benefit their overall health. This workshop will give families ideas for meal planning as well as tips and Green Light guidelines to help families to make healthy choices that are quick and easy!

2. TRANSITION INTO KINDERGARTEN

by Dr. Lisa M. Omeis

Asst Supt for Elementary Curriculum & Instruction

Lindenhurst UFSD

TUESDAY, 5/9 Time: 6:00PM – 7:00PM

Kindergarten brings big changes for kids. For some, it's their first time in a structured school setting. For others, it's going from a small classroom in preschool to a big room with lots of kids. Kids all respond differently. Some are excited by new experiences and can't wait while others have a tough time with change and are nervous and each child reacts differently once they walk in the classroom door. This workshop will provide parents, teachers and care givers tips on making the transition to kindergarten an easier step for both children and adults.



3. STRESS REDUCTION

*by Kate Finnick, Doctor of Naturopathy
Certified Reiki Master, Certified Meditation Teacher*

THURSDAY, 6/1 Time: 6:30PM – 7:30PM

Are anxiety and stress interfering with your ability to thrive and enjoy life? We cannot control the events in life, but we can control our response to them. Learn what is happening inside of us when we are experiencing stress and anxiety and simple strategies to help you be a responder and not a reactor so you can thrive and not just survive!

4. CROCHETING 101

by Cynthia Morales, Special Education Teacher

Lindenhurst UFSD

Time: 6:00PM – 7:00PM

MONDAYS: 5/1, 5/8, 5/15, 6/5

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, an infinity scarf and a throw blanket. **Registration cost is \$30 and includes yarn and hook.**



5. MICROSOFT FOR BEGINNERS

by Jennifer Freedman, Lindenhurst UFSD

*Coordinator of Instructional Technology
& Library Media Specialists*

Time: 6:00PM – 7:30PM

TUESDAYS: 5/2, 5/9 & 5/16

Microsoft Office is the software of choice for more than one million companies worldwide. This course is for beginners and will cover a basic overview of Microsoft Office 365 and its applications. It is ideal for anyone interested in gaining an overview of Office 365 to use at work or home and learn the basics of Microsoft Word, Excel and Powerpoint. Learn the fundamentals of these 3 programs and gain the skills you need to begin creating documents, spreadsheets, and presentations. **Classes will be held via Zoom and you must have access to Office 365.** Zoom instructions will be sent out via email to all participants.

6. DATE NIGHT DANCING

by Dancing Classrooms

Time: 7:00PM – 8:00PM

MONDAYS: 5/8, 5/15, 5/22, 6/5

Parents are invited to join us for a special date night which includes a 1-hour dance lesson plus childcare for your kids! Over the course of 4 weeks, parents will work with a certified dance instructor to learn several forms of ballroom dances such as the Merengue, Rumba, Salsa, Tango and Swing plus line dancing. Children will be able to hang out and enjoy our game room while parents dance the night away! **Registration cost is \$50 per couple or \$30 for individuals.**



7. ZUMBA

by Barbara Henke, Certified Instructor

Time: 7:00PM – 8:00PM

THURSDAYS: 5/11, 5/18, 5/25, 6/1, 6/8, 6/15

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. **Registration cost is \$25 for 6 classes.**





8. FAMILY CRAFT NIGHT

Time: 6:00PM – 7:30PM

THURSDAY, 4/13

Join us for Family Craft Night! Parents and children of all ages are welcome to join us for a fun filled evening of crafting! For our Spring edition, we will be making resin framed art. Each person attending will make their very own framed art to take home! Parents must attend with their children.

Registration is \$25 for one adult and one child.

Additional adults/children are \$10 each.



9. PARENT/CHILD ART CLASS

Time: 6:30PM – 7:30PM

THURSDAYS – 5/4, 5/11, 5/18, 5/25

Join us for a series of parent-child art classes where we will have a different art project each week that parents and kids can do together. This 4-week series will explore a different art technique each week such as canvas painting, glass crafts, paper crafting and woodworking. Each parent and child will have their own project to bring home each week. **\$10 per person.**

10. PARENT/CHILD COOKING CLASS

Time: 6:30PM – 7:30PM

WEDNESDAYS – 5/17, 5/24, 5/31

If your kids love to help you in the kitchen, then bring them along for this workshop where parents and kids will be cooking up tasty recipes each week. Everyone will learn basic cooking skills while making some scrumptious foods and desserts. **\$10 per person.**



PROFESSIONAL PROGRAMS

11. ADVERSE CHILDHOOD EXPERIENCE (ACE)

by Kerri Reda, Cornell Cooperative

MONDAY, 5/15

Time: 6:00PM – 7:30PM

This training aims to increase the knowledge and understanding of fundamental ACE research and the impact that ACE's have on young children, their families, and the field of early childhood education. Training on ACE's has been added to the list of required content for childcare providers as the tenth training regulation. This training is relevant for teachers, parents and other professionals who work with children and/or their families.

12. HOMEWORK HELP AFTER SCHOOL

by Dinah Castro, Cornell Cooperative

WEDNESDAY, 5/24

Time: 6:00PM – 7:30PM

Afterschool programs seem to be an ideal setting for homework help. However, it can sometimes become a struggle and end up draining the program staff. This workshop explores strategies and specific techniques designed for helping grade school children, K – 8, get through their homework blues.

13. CHILD DEVELOPMENT

by Kerri Reda, Cornell Cooperative

TUESDAY, 6/6

Time: 6:00PM – 7:30PM

This program will provide an overview of early childhood development. We will review the stages, domains and basic principles of child development. Participants will gain a better understanding of why children behave the way they do, and recognize their role in supporting children's growth, development, and learning.

14. CPR/AED FOR ADULT/CHILD

by Tom Henry, Advanced Training of Smithtown

WEDNESDAY, 5/31

Time: 6:30PM – 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.

15. BASIC FIRST AID

by Tom Henry, Advanced Training of Smithtown

WEDNESDAY, 6/7

Time: 6:30PM – 9:00PM

ASHI (American Safety & Health Institute) Basic First Aid course 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.**