



www.fridacommunity.org.com

IMMIGRATION DEPARTMENT
5133 S. Kedzie Ave.
Chicago, IL 60632

EDUCATION DEPARTMENT
2800 S. Western Ave. RM 1314
Chicago, IL 60629

Adult Education Workshops

CPS VENDOR# 20446

We're excited to be part of your parents' learning journey! Workshops are available in person or in a virtual setting. The school must provide and host the link for all virtual workshops. Workshops are 1.5 hours in person and 1 hour long for virtual presentations. The in-person maximum is 30 participants unless otherwise noted. Prices vary per presentation. Please find our payment and cancellation policy at the end of the menu. Email gisela@fridacommunity.org or monsy@fridacommunity.org for more information or with any questions.

LEGEND

\$: Cost **IP:** Available in Person **V:** Available Virtually

SOCIAL-EMOTIONAL LEARNING THROUGH SELF-CARE

Social-emotional skills improve academic achievement. These workshops are meant to introduce parents to the process of self-care and how it can increase positive relationships, self-awareness, and behaviors in both the classroom and home.

I am the first Teacher IP: \$400 / V \$300

Explore how our self-esteem plays a role in how and what we are teaching our children. As their first teachers, how do you raise resilient children to go out into the world? How do we as parents build up our self-esteem in moments of doubt?

Self-Care 101 IP: \$475 / V \$350

Participants will review self-care practices and how creating self-care plans can have a positive effect on our home life and relationships. We will also explore self-care as a family and how that can positively affect the way our children learn and interact with others. The in-person workshop includes a lavender hand scrub activity and a printed activity booklet. The Virtual presentation includes a download link to the activity booklet.

Writing and journaling for self-regulation IP: \$450 / V \$300

Writing practices for emotional self-regulation are explored. How do we track our moods and identify our triggers? How do we learn to stop these from happening so that we can have better experiences? How do we instill these practices in our children? The in-person workshops include a small beginner blank journal for each participant.

Time management to reduce stress and maximize efficiency \$450 / V \$300

Time management skills are reviewed. We will talk about prioritizing tasks, schedule creations to help us stay on track, and age-appropriate delegation of household responsibilities to encourage independence and self-sufficiency in our children. The In-person workshops include a small beginner blank journal for each participant.

FAMILY DISCIPLINE

Parents learn effective techniques to create a positive learning atmosphere for children to thrive and grow.

Responsible and Successful Children IP: \$400 / V \$300

Basic strategies for raising children with positive values, success, and happiness in their personal and academic development are present.

Family Communication IP: \$400 / V \$300

Parents receive strategies for achieving healthy and effective communication with their children that they can apply in their daily lives.

Academic Socio-Emotional Support IP: \$400 / V \$300

We all face challenges and problems in life. To address them, we need to strengthen and improve ourselves. Participants are encouraged to grow as individuals so they can emotionally support their children.

STEM

Ideas on how to explore the wonderful world of science as a family are presented.

Science Projects IP: \$400 / V \$300

The scientific method is explained as well as the process of creating science projects.

Everyday Science IP: \$400 / V \$300

We will discuss how to encourage students to explore and question science in their everyday lives. From cooking to playing, science is all around us!

Parent Science Fair IP: \$400 / V \$300

This workshop is a culmination for those who take Science Projects and Everyday science. After exploring these topics, we will ask participants to create a science fair-type presentation to be shared at a mini science fair at your school!

TECHNOLOGY

These workshops allow participants to expand their knowledge on what has become part of our everyday lives.

Children and Social Networks \$400 / V \$300

Parents receive recommendations for the positive and safe use of social media applications.

Google 101: Gmail \$400 / V \$300

Having an email account is crucial in our ever-evolving world. Having a Gmail account comes with access to many features. Participants will learn how to create a Gmail account on-site through their phone. Password recovery and a light review of other available apps through Gmail accounts will be presented.

Google 101: Google Meets \$400 / V \$300

Virtual meetings and events have become a common occurrence. We will explore the process of creating and attending virtual meets. Participants will learn how to add their meets to calendar invites and how to use the settings in this application.

Google 101: Google Drive \$400 / V \$300

The creation and storage of documents will be reviewed. A walk-through of to use this Gmail feature for school projects and homework is included.

Mobile-Based Video Games: Chose Safely \$400 / V \$300

In this presentation, we will review video games on mobile devices. It's common for children to use their parents' phones or tablets to play games or watch videos. These activities become children's first contact with technology and the internet. As parents, we must learn how to choose safe and age-appropriate videos, applications, and games.

Android, Apple: How your information is used \$400 / V \$300

Parents will learn the importance of privacy when sharing information on applications or operative systems. The “permissions” that said applications request to work generally mean a lot more than what we consider.

Handheld devices: A computer at your fingertips \$400 / V \$300

This course will teach parents the management of the most popular operating systems (Android OS, Apple iOS), as well as an introduction to the adequate management of personal and payment accounts. Parents will also learn how to recover data and use the cloud. Lastly, parents will learn how to manage family devices.

Your personal Information on the World Wide Web \$400 / V \$300

In this session, attendees will learn that their personal information has already been exposed, either on social media or in retrieving information pages. Using this knowledge, we can modify and protect our personal information.

ACADEMIC SUPPORT

Tools to help parents support their children’s academic journey in a positive and effective manner.

Expanding Vocabulary IP: \$400 / V \$300

We will discuss the importance of an expansive vocabulary and how it can support your child's learning experience. Activity examples to use at home for children to broaden their vocabulary are provided.

Enriching Writing IP: \$400 / V \$300

Parents participate in different activities that promote effective and clear communication through writing. These activities can easily be replicated at home.

Reading Comprehension IP: \$400 / V \$300

This seminar provides strategies for parents to form good reading habits with their children and help them improve their study skills.

Homework: Parents to the rescue IP: \$400 / V \$300

The importance of using available teaching resources to develop positive attitudes of responsibility, discipline, and time management is highlighted.

Learning Styles IP: \$400 / V \$300

Different learning styles are explained for parents to recognize which is dominant in their children and the factors that influence better learning.

Bullying and Conflict Resolution IP: \$400 / V \$300

Details on the most common forms of harassment or “bullying” are discussed. Origins, consequences, and prevention strategies are provided.

Destination University: Preparing to apply for college IP: \$400 / V \$300

Best practices for college applications, resources, and how to determine which college is a good fit for your college-bound student.

Destination University: Preparing for the start of college IP: \$400 / V \$300

Congratulations! You're in, now what do I do? We will go over preparations to send your student off to college. What do I need to do before my student moves into the dorms? What if they're going out of state? How do we create a network of support for the students entering this new stage of life close or far from home?

Cultural Connections

Cultural art workshops that explore art history and traditions make up this selection. Projects created in the workshops are meant to be accessible enough to recreate at home with your children. All workshops include an art history presentation explaining the origins of the pieces. *The cultural connection workshops are only available in person for a maximum of 15 participants and are 2 hours long.*

Art History: Nichos de Aluminio. IP: \$530

Nichos played an important role in the imagery used in the colonization of Latin America. Like a lot of art that initially had a religious connotation, nichos have become a part of popular culture and are used to depict stories, traditions or simply as decorative statements. Participants will create a nicho made with tin using patterns and folk-art techniques. They will then embellish to represent a family tradition or folk tale.

Art History: Dia de Muertos Essentials IP: \$550

Dia de Muertos is a tradition that is full of history and art. Stemming mainly from Indigenous traditions of remembrance, Dia de Muertos is a celebration in which loved ones who have left us are honored. Participants will create essential items that represent the elements to create a traditional Dia de Muertos Altar: papel picado, cempasuchil flowers, pan de muerto, and sugar skulls made from air-dry clay.

Art History: Ojos de Dios IP: \$475

Used as protection in some Indigenous cultures and as offerings in others, Ojos de Dios are beautiful pieces of art created with devotion. We will explore the process of their creation and their meaning in different cultures as each participant creates their own piece for their home.

Cultural Connections: The Series

These series offer a more in-depth experience. The projects are more elaborate and spread over multiple classes. All classes include all materials, handouts for the participants to take home, and a small sketchbook to use as part of the project. *The cultural connection series is only available in person for a maximum of 15 participants and are 2 hours long per session.*

Paper Mache Sculptures: Alebrijes / 4-part series / IP: \$1000

Created by Pedro Linares from Mexico City, alebrijes are fantastical animals originally made with cardboard, newspaper, and papier mache paste. These pieces have become some of the most popular folk art forms in all of Mexico being replicated in different formats and materials. We will explore the history of cardboard art in Mexican culture and map out our creative process to make our own alebrije.

Paper Mache Sculptures: Trees of Life / 4-part series / IP: \$1075

Like many other forms of popular art, trees of life originated in Mexican Indigenous cultures and were then used as tools of colonization. Trees of life are traditionally made from red clay in the state of Mexico. These intricate pieces are used as a storytelling tool to depict family and cultural traditions. Like a tree, the story begins at the roots of the tree and makes its way up to the top. Participants will design and create their own tree of life using papier mache, air-dry clay and paint to tell a family story or tradition.

Paper Mache Sculptures: Catrinas / 4-part series / IP: \$1000

Originating from a print created by Jose Guadalupe Posada to depict classism in Revolutionary Mexico, La Catrina has become an iconic image across all visual art forms in and out of Mexico. Originally named la Catrina Gabancera, La Catrina has become as representative of Día de Muertos as the altars themselves. Participants will explore the original image of La Catrina as a social justice symbol and create their own out of wire, papier mache, paint, and lace.

Self-portraits: A miniature exhibit / 4-part series / IP: \$925

In this series, we will explore ourselves and think about what objects would represent us in an exhibit about who we are. Through a series of prompted writing and art activities, we will curate a collection of visual symbolism that represent us. Participants will then use them as guides to create miniature sculptures made from air-dry clay and place them in a miniature display decorated with different types of paper and images.

The 4th class would be used as an exhibit day. Pieces will be displayed in a designated space where participants will share their process and give an artist talk about their work.

Folkloric Dance Experience / 2-part series / IP: \$800

This workshop will enhance your knowledge of Mexican Culture through a new experience. This 2-part series workshop will first take you behind the scenes of Mexican Folkloric Dances as you explore the rich history behind these and create a traditional *tocado* reflecting the visual art component of this art form. The second session will include choreography for a traditional Mexican Folkloric dance. Participants will have the chance to dress in traditional attire as they perform their newly learned choreography.

PAYMENT AND CANCELLATION POLICY

Payment is due in full the day of the presentation by cash, check or money order payable to Frida Kahlo Community Organization. If paying with a PO, the PO must be opened and confirmed no less than one week before the presentation date. Requests for cancellation or rescheduling must be made no less than 5 business days before the presentation date pending availability. Any cancellations made after that will be charged in full. No shows: Presenters will wait the duration of the presentation for participants to arrive, no-show workshops will be considered fulfilled and charged in full.

Ready to book your workshop?
Click or scan the QR code to submit
your request now!



FRIDA COMMUNITY ORGANIZATION

Education Dept. 2800 S. Western Ave RM 1314 Chicago, IL 60608.
Immigration Dept. 5133 S. Kedzie Ave, Chicago, IL 60632. 312.421.7599
www.fridacommunity.org