



www.fridacommunity.org.com

IMMIGRATION DEPARTMENT
5133 S. Kedzie Ave.
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EDUCATION DEPARTMENT
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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.

Building Self-Care Habits

Participants will review self-care practices and how creating self-care plans can positively affect 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 printed activity booklet. The Virtual presentation includes a download link to the activity booklet.

Time management to reduce stress and maximize efficiency

Time management skills are reviewed. We will talk about prioritizing tasks, creating schedules 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 workshop includes a small blank beginner journal for each participant.

Creating Habits and Setting Goals to Grow

In this session, we will explore how creating healthy habits can help us achieve goals to improve our quality of life. We will look at strategies to stay on track and keep focused and how these strategies can help us improve our quality of life.

FAMILY DISCIPLINE

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

Raising Well Rounded Children

Strategies for raising children through positive reinforcement and emotional intelligence so they may grow into independent and self-sufficient individuals.

Family Communication

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

Academic Socio-Emotional Support

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.

Family Time: Quality VS Quantity

Parenting is probably the most important task we have. It can also be the most challenging due to time constraints. In this session, we will explore how to make the most out of the time that we have with our children to create intentional connections.

Talking about Sexuality

Discussing sexuality can feel like a daunting task. This session presents talking points and challenges to talking about sexuality with our children 0 to 14 years old.

TECHNOLOGY

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

Children and Social Networks

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

Google 101: Gmail

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.

Android, Apple: How your information is used

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

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

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 information.

ACADEMIC SUPPORT

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

Homework: Parents to the rescue

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

Bullying and Conflict Resolution

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

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.*

Art History: Dia de Muertos Essentials

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. (Up to 10 additional participants may be added at \$20 per person)

Paper Mache Sculptures: Alebrijes/ 5-part series

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. (Up to 10 additional participants may be added at \$20 per person)

Paper Mache Sculptures: Trees of Life / 5-part series

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. (Up to 10 additional participants may be added at \$20 per person)

Paper Mache Sculptures: Catrinas / 5-part series

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. (Up to 10 additional participants may be added at \$20 per person)

Watercolor Series / 3-part Series

Participants will be guided through the basics of watercolor painting over a series of exercises. The final lesson will be the creation of an original piece.

Mini Box Piñatas / Single Class

Presentation on the history of piñatas and creation of a 5" x 5" box piñata decorated in traditional tissue paper manner.

Mini Cardboard Nichos / Single Class

Presentation on the history of nichos within Mexican Folk Art and creation of a custom 5" x 2" cardboard nicho. (Up to 10 additional participants may be added at \$20 per person).

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.