

## Parent Education Workshops/ Offerings

Saturday, October 21 <sup>st</sup>	10:00am – 12:00pm	<b><u>How to talk to your kids about sexual health:</u></b> This workshop will focus on what your children need to know about sexual health and when they need to know it. Many parents are concerned about being able to provide age-appropriate information to their children. The goal for this session is to improve the communication between parents and teens around the topic of sexual and reproductive health. At the end of this session, participants will be able to define the difference between sexual and reproductive health, review the stages of adolescent development, and gain knowledge of the community resources available to assist in having “the talk.”
Saturday, October 28 <sup>th</sup>	10:00am – 12:00pm	<b><u>Cooking Healthy on a Budget</u></b> This hands on interactive class, will provide you with recipes and tools for preparing quick, cost-efficient and nutritious meals for your family on the go... plus learn how to begin teaching your child about eating healthy now, for a happier life later on!
Saturday, November 18 <sup>th</sup>	10:00am – 12:00pm	<b><u>Are your children at risk? Understanding Sexually Transmitted Diseases (STDs):</u></b> This workshop will focus on common STDs, including HIV. Participants will discuss STD symptoms, treatment, and prevention. Focus will be put on the STDs that have the highest transmission rates among teens and their treatments.
Wed., November 8th	6:00pm - 8:00pm	<b><u>Basics of strength training, conditioning and exercise</u></b> Starting that new diet and workout plan. Come in and learn the do’s and don’ts of weightlifting, proper technique and form, exercises for both the gym and your home, working out in a short amount of time, building and maintaining muscle and other basics of exercise.
Saturday, November 11 <sup>th</sup>	10:00am – 12:00pm	<b><u>Success at Roxboro... all you need to know!</u></b> Spend time with Roxboro Middle School, Vice Principal, Allyson Byrd and ask all the questions you have about the school, the teachers, and your child’s success over the next several years.

Saturday, January 20 <sup>th</sup>	10:00am – 12:00pm	<b><u>What's Love Got to Do with It? Teen Relationships</u></b> This workshop provides information and insight for adults on issues related to teen dating relationships, dating violence, and sexual assault. Through hands-on activities and thoughtful, facilitated discussions, participants will come away from the program with: Greater understanding of the dynamics involved in teen dating relationships Skills needed to maintain a healthy relationship Warning signs that a relationship may be unhealthy or dangerous
Saturday, January 27 <sup>th</sup>	10:00am – 11:30am	<b><u>Strengthen your child's Inner Gut</u></b> Increase your understanding of Youth Resiliency and arm yourself with tools to help your child grow into a strong and successful adult from the inside out. Learn the most important tools in helping your child succeed.
Saturday, February 17 <sup>th</sup>	10:00am – 12:00pm	<b><u>What's On? Sex and the Media</u></b> This workshop provides participants with information and skills to identify the effects of the media on society's views about sexuality and relationships. Includes suggestions for using media literacy to positively impact teen behaviors.
Saturday, March 10 <sup>th</sup>	10:am – 12:00pm	<b><u>Cooking Healthy on a Budget Part 2</u></b> Additional recipes and tools for preparing quick, cost-efficient and nutritious meals for your family on the go... continue to learn how to begin teaching your child about eating healthy now, for a happier life later on!
Saturday March 24 <sup>th</sup>	10:00am – 12:00pm	<b><u>What about the boys?</u></b> This workshop will provide information on male gender identity, stereotypes, and the struggles of young males that are often over-looked when discussing sexual health and family planning. This program will help parents with young boys to approach the topic of male responsibility and guiding young boys toward becoming young men. <b><i>Fathers are highly encouraged to attend!!</i></b>

Wednesdays in the Fall	6:30pm to 8:00pm	<b>Yoga with Debra</b> Become a yoga master all while learning to relax, build strength, and develop a new sense of calmness (up to 3 classes for credit)
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**Volunteer Opportunities (worth one course credit)**

Friday, September 22nd and Saturday, September 23 <sup>rd</sup>	4:00pm to 3:00pm	Open Doors Camping Trip (counts for 2 credits)
Saturday, September 30 <sup>th</sup>	8:00am – 3:00pm	Open Doors Rummage Sale (4 hr. shift = ½ credit)
Sunday, October 29 <sup>th</sup>	1:00pm – 5:00pm	Open Doors Fall Harvest Festival (1/2 credit)
Wednesday, December 20 <sup>th</sup>	5:00pm – 9:00pm	Open Doors Holiday Dinner (1/2 credit)
Saturday, April 21 <sup>st</sup>	9:00am – 3:00pm	National Youth Service Day (1 credit)
Saturday, April 14 <sup>th</sup>	9:00am – 1:00pm	Talent Show Rehearsal (1/2 credit)
Saturday, April 28 <sup>th</sup>	9:00am – 4:00pm	Talent Show Rehearsal (1 credit)
Saturday, May 5 <sup>th</sup>	6:00pm to 10:00pm	Open Doors 5 <sup>th</sup> Annual Variety Show (up to 1 credit)
Friday, June 1 <sup>st</sup> and Saturday June 2 <sup>nd</sup>	5:00pm to 9:00am	Open Doors overnight at the Science Center (1 credit)