



TRIPLE P CLASSES IN ENGLISH

JANUARY 2025

See reverse for classes offered in Spanish | Vea el reverso para las clases ofrecidas en español

In-Person Classes

For families with children between 0 - 5 years

Workshop: What to Do When Your Child Has a Hard Time Separating From You	Friday, Jan 17 12:30 – 2 pm 2005 Wharf Rd, Capitola	Register: https://bit.ly/Separate-Jan17
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For families with children up to 12 years

Workshop: Teaching Children to Do Chores	Wednesday, Jan 29 6 – 7:30 pm 1740 17 th Ave, Santa Cruz	Register: https://bit.ly/Chores-Jan29
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For families with tweens & teens 10-16+ years old

Workshop: Helping Teens Manage Depression	Friday, Jan 24 3 – 4:30 pm 6121 Gushee St, Felton	Register: https://bit.ly/Depression-Jan24
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For families with children with special needs

Workshop: It's Time for Potty Training	Monday, Jan 27 6 – 7:30 pm 6134 Hwy 9, Felton	Register: https://bit.ly/Potty-Jan27
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Virtual Classes

For various ages & abilities

4-Week Group: Helping Children with ADHD Thrive at Home & School	Saturdays, Jan 11 – Feb 1 10 – 11:30 am On Zoom	Register: https://bit.ly/ADHD-Jan2025
Workshop: Stress-Busters for Parents & Caregivers	Wednesday, Jan 22 6 – 7:30 pm On Zoom	Register: https://bit.ly/Stress-Jan22
Workshop: The Power of Praise (for families with children in Pajaro Valley Unified District)	Tuesday, Jan 28 6 – 7:30 pm On Zoom	Register: https://bit.ly/TripleP-PVUSD-Classes-ENG

For families with children up to 12 years

Workshop: Preventing and Managing Challenging Behaviors (for UCSC families with children that attend the early education services)	Monday, Jan 27 11 am – 12:30 pm On Zoom	Register: https://bit.ly/Behavior-Jan27
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For families with children with special needs

Workshop: A Guide to Positive Parenting	Monday, Jan 13 6 – 7:30 pm On Zoom	Register: https://bit.ly/Positive-Jan13
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Celebrate Positive Parenting Awareness Month this January!

Laid Back Book Club | Available starting **January 6** at participating libraries: Santa Cruz Public Libraries: Boulder Creek, Capitola, Downtown, Live Oak & Scotts Valley Branches & Watsonville Public Library

Community Bridges Family Fair | Saturday, Jan. 18, 11 am – 2 pm • 1740 17th Avenue, Santa Cruz & Saturday, Jan. 25, 11 am–2 pm • 521 Main St, Watsonville

YMCA Zumba Family Latin Dance | Register at: <https://bit.ly/LatinDanceYMCA>
Friday, Jan. 10 & 24, 5 – 6 pm • 27 Sudden Street, Watsonville

Elkhorn Slough Foundation Family Hike: Together We Heal | Register at: <https://bit.ly/Elkhorn-Jan11>
Saturday, Jan. 11, 9 am – 12 pm • 360 Hall Rd, Watsonville

Stars Therapy Services / Infant Program Workshop: Making Sure Your Child Is Reaching Their Potential
Friday, Jan. 17, 10 am & Friday, Jan. 31, 5pm • 4450 Capitola Rd, Capitola

Family Art Day at Pajaro Valley Arts | Register: <https://bit.ly/PV-Arts> | Thursday, Jan. 30, 12 – 2 pm • 37 Sudden St, Watsonville





CLASES DE TRIPLE P EN ESPAÑOL

ENERO 2025

Vea el reverso para las clases ofrecidas en inglés | See reverse for classes offered in English

Clases en persona

Para varias edades y habilidades

Taller: El poder del reconocimiento descriptivo (Sólo para familias con niños en el Distrito Unificado de Pajaro Valley)

el martes, 28 de ene | 6 – 7:30 pm
530 Palm Ave, Watsonville

Inscríbese:
<https://bit.ly/TripleP-PVUSD-24-25-Clases-ES>

Para familias con niños de hasta 12 años

Taller: Enseñando a los niños a hacer tareas de la casa

el jueves, el 23 de ene | 6 – 7:30 pm
133 Leibrandt Ave, Santa Cruz

Inscríbese:
<https://bit.ly/Tareas-23Ene>

Clases virtuales

Para familias con jóvenes de 10-16 años

Taller: Cultive una relación sana y fuerte con su adolescente

el miércoles, 15 de ene | 6 – 7:30 pm
por Zoom

Inscríbese: <https://bit.ly/Relacion-15Ene>

¡Celebre el Mes de Concientización sobre la Crianza Positiva este enero!

“Leyendo con Mamá o Papá” | Disponible a partir del 6 de enero en bibliotecas participantes: Biblioteca Pública de Watsonville y las Bibliotecas Públicas de Santa Cruz: Sucursales de Boulder Creek, Capitola, Centro de Santa Cruz, Live Oak y Scotts Valley

Feria Familiar de Puentes de la Comunidad | el sábado, 18 de enero, 11 am – 2 pm • 1740 17th Avenue, Santa Cruz y el sábado, 25 de enero, 11 am – 2 pm • 521 Main St, Watsonville

Zumba Familiar de Baile Latino de YMCA | Inscríbese en: <https://bit.ly/LatinDanceYMCA>
los viernes, 10 y 24 de enero, 5 – 6 pm • 27 Sudden Street, Watsonville

Caminata Familiar de la Fundación Elkhorn Slough: Juntos sanamos | Inscríbese en: <https://bit.ly/Elkhorn-Jan11>
el sábado, 11 de enero, 9 am – 12 pm • 360 Hall Rd, Watsonville

Taller de PVPSA: La importancia de mantener y fortalecer los valores familiares
el jueves, el 16 de enero, 5pm • 422 East Lake Ave, Watsonville

Taller de Stars Therapy Services / Programa Infantil: Asegurando que su niño/a este alcanzando su potencial
el viernes, 17 de enero, 10 am y el viernes, 31 de enero, 5 pm • 4450 Capitola Rd, Capitola

Día de Arte en Familia de Pajaro Valley Arts | Inscríbese en: <https://bit.ly/PV-Arts>
el jueves, el 30 de enero, 12 – 2 pm • 37 Sudden St, Watsonville

Triple P

El programa
padres
positivos

UN PROGRAMA DE
PRIMEROS 5
SANTA CRUZ COUNTY
triplep.first5scc.org

Escanee el código QR para ver más detalles y explorar nuestro Calendario de Actividades Familiares, con consejos y actividades diarias para promover el bienestar familiar y la crianza positiva.

