

Professional Workshops
for Parents

2016



PROMOTING HAPPY HOMES
SUCCESS IN EDUCATION



It has been a pleasure working with the staff at L.J. Frame, LLC. Each and every person that has taught a workshop at John D. Shoop Academy has enlightened us with great knowledge, examples of life lessons, and effective skills to use in our lives with our children. In the workshop "Building Bridges: Working Effectively with Your Child's School" we learned to work with the teacher keeping an open relationship as well as building a relationship (parent and teacher) to help our children.

-La Tony Smith, Program Coordinator, Shoop Academy



L.J. FRAME, LLC™

**The mission of L. J. FRAME, LLC
is to provide high quality parental workshops,
professional development, technology,
school supplies and accompanying services.**

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L.J. FRAME, LLC conducts unique activity-based parental workshops and professional development workshops for educators.

Trained and experienced facilitators guide parents to solutions that work for their individual children and situations. Workshops are conducted on-site. Our facilitators specialize in areas such as conflict resolution, individual education programs (IEPs), stress management, psychology, sociology, holistic health, testing awareness and elementary education.

Workshops conducted by L.J. FRAME, LLC are strictly hands on.

We are the ideal choice to assist your institution in PROMOTING HAPPY HOMES and SUCCESS IN EDUCATION.

New Workshops for 2016

Relationships: Make and Keep them Well.....P1053

This workshop will provide parents with tools to assist and direct their children in initiating and maintaining healthy and safe relationships with their peers, adults and themselves. Identifying the fine points of unhealthy relationships is addressed in depth.
For parents with children of all ages.

The Practice of Safety.....P1054

This workshop will provide parents with tools to help keep their children safe in various environments and in various situations. Having fun and learning during the developing years of a child is essential. Emphasizing learning, along with environmental awareness is the major goal of this workshop.
For parents with children of all ages.

Social Emotional Learning.....P1055

This workshop focuses on various social factors along with learning styles which can affect a child's academic development. Parents will see that academic mastery is not solely determined by the difficulty of the subject matter.
For parents with children of all ages.

Online Learning—Keep it Safe.....P1056

This workshop will provide parents with tools to avoid pitfalls related to exposure to online content, social media and other online communication modes. Since online exposure is a form of learning, healthy and unhealthy habits regarding online behavior are addressed. *For parents with children of all ages.*

Comfortable with Calm.....P1057

This workshop will provide parents with tools to help their children begin understanding and taking control of their emotions and inclinations. Parents see how simple environmental factors such as sound tones, quiet and posture can affect their child's behavior and self awareness of their actions and abilities.
For parents with children of all ages.



Affective Workshops for Parents

Bullying I..... P1032

This educational activity workshop is designed to provide you with suggestions and techniques to help you, your child(ren) and family prevent being the victim of bullies or being the bully.

For parents with children of all ages.

Bullying II..... P1033

A continuation of Bullying I. Parents are provided with additional and in depth suggestions and techniques to help you, your child(ren) and family prevent being the victim of bullies or being the bully. *For parents with children of all ages.*

Defeating Cyber Bullying..... P1034

Strategies parents can use to help protect their children from devastating effects of cyber bullying. Students are bullied at every grade level. Cyber bullying is invading the home. Parents must know the steps to take and what to do in order to help their children deflate the horrific effects of this type of harassment. *For parents with children of all ages.*

Improving Technology Skill to Promote Higher Academic Achievement..... P1035

Techniques to improve parents abilities in assisting their children with using Technology for School Improvement. Using technology in every subject can broaden a student's knowledge and experiences. The benefits of this gain will propel students ability to relate to the subject matter and to master the content.

For parents with children of all ages.

Parents Committed to School Success..... P1036

Parents will learn and practice techniques that help improve student learning. Parents are introduced to skills that are proven to motivate students to write, read and learn at a higher level during their school years. Strategies to ensure pre- school attendance, early parental involvement, making success feel comfortable, developing confidence along with skills that are lifelong enhancers will promote school success.

For parents with children of all ages.



Cognitive Workshops for Parents

Master Teaching Your Child at Home..... P1000

Master teaching your child(ren) at home by seeing how they learn based on how you are teaching and what you are teaching. Children learn 24 hours a day which means parents are perpetual teachers. *For parents with children of all ages.*

Helping Your Child Learn With *Their* Eyes and Ears. P1002

The activities, role plays and exercises focus on barriers parents face utilizing creative learning methods, creating fun learning activities, and children's interpretation of 'do as I say' which are directly related to 'looking and listening'. *For parents with children ages 3 to 12.*

Positively Impact Your Child's Reading Ability

(pre-adolescence)..... P1003

Reading is one of the keys to the world and beyond. The real life situational exercises, role plays and discussions are designed to take you where your children have come from, and can go in relation to reading. Parents will see how to help their child(ren) embrace reading.. *For parents with children ages 3 to 10.*

Boosting Math Ability and Skills..... P1004

Math is involved in almost every daily activity. This workshop takes you through your own daily engagement with math in order to help your child embrace, acknowledge and expand his/her use of math in school and everyday life. *For parents with children of all ages.*

Teaching Your Child the Meaning of Words P1005

Understanding word meanings is a major key to understanding the world around you. Parents will experience how their child can learn thousands of words in short periods of time. Various techniques and activities will be explored so parents can choose what is best for their child.

For parents with children ages 3 to 8.

Preparing Infants to Read..... P1006

By experiencing literacy activities that can be used to successfully prepare young children to read, parents can select the techniques which are best for their child. See how symbols, recognizing differences, sounds, listening, categorizing, and sequencing are important skills for children when learning to read. *For parents with children ages 3 to 6.*

Cognitive Workshops for Parents

Giving Your Child Keys to the World — Reading..... P1007

In this workshop parents are introduced to techniques which build and strengthen, and attributes that contribute to a child's desire and ability to read. Parents will experience how personal feelings about one's self, attitudes, stress, and examples in the child's environment effect their child's ability and desire to read. *For parents with children of all ages.*

Making Math Fun I..... PM2001

This workshop will provide parents with informative, creative and engaging activities designed to sharpen the math skills of children in this age group to better meet the challenges encountered in school while making math a fun experience. Using manipulatives will provide an exciting opportunity for you to help your child reinforce math skills at home and to increase critical thinking skills and reading skills. *For parents with children in grades K - 2.*

Making Math Fun II..... PM2002

This workshop will provide an opportunity for parents to explore mathematical concepts, using the four operations in math, perform math activities and experience using math manipulatives that will enable you to help your child become proficient in math. Research shows that children who receive help at home often do better than children who do not. *For parents with children in grades 3 -5.*

Making Math Fun III..... PM2003

This workshop will provide parents with meaningful and enjoyable activities that will help build upon those math skills your child has previously learned in school. Using manipulatives will provide the tools to help reinforce and enhance math concepts and skills and give your child the confidence to master more challenging math. *For parents with children in grades 6 -8.*

Peek-a-Boo-Reading with You.....PM2004

This workshop is designed for parents of pre-school age and kindergarten children. Children at this age are discovering the world around them. They are curious and inquisitive. They want to know more about the world and their surroundings. Parents can take advantage of curiosity at this age by reading to children and using manipulatives that give them needed hands-on activities that assist with the development of gross and fine motor skills. *For parents with children in grades K - 2.*

Cognitive Workshops for Parents

ABC – Reading is for MePM2005

This workshop will help parents with activities that are designed for the emerging reader. Children at this age are learning reading skills that will lay the foundation for literacy activities they will experience in the intermediate and upper grades. This age group is learning to read. The manipulatives are designed to assist with letter recognition, phonemic awareness, vocabulary, sentence structure and story creation. *For parents with children in grades 3 - 6.*

Reading Skills for High School SuccessPM2006

This workshop is designed to hone in on the critical reading skills that are needed for successful entry into high school. Children at this age are asked to use more critical thinking skills and become proficient in writing. They are introduced to literature that requires essential thinking and writing skills that require more advanced reading capabilities. *For parents with children in grades 7 -8.*

Cross-Category (Special Education)

Reading Works Just for MePM2007

This workshop is designed to assist parents of special needs children. It will provide concrete activities with manipulatives that will deal with their children’s deficient reading skills. Basic skills of letter recognition, phonemic awareness, sentence structure and comprehension will be addressed.



Affective Workshops for Parents

Building Bridges: Working Effectively with Your Child's School.....P1008

This workshop focuses on building effective home-school partnerships. Activities will help parents understand how their school experiences affect their relationship with their child's school. Parents will learn how to create and maintain positive relationships with teachers and administrators as well as develop plans for consistent communication with the school. *For parents with children of all ages.*

Communicating Effectively with Your Child.....P1009

Positive communication between parents and children increases children's pro-social behavior at home and school. This workshop assists parents in identifying their communication style, learning various listening strategies, giving effective instructions to children, and understanding the importance of nonverbal behavior in communication. *For parents with children of all ages.*

What You Need to Know About Individual Education Programs (IEP)..... P1010

This workshop assists parents whose children may be eligible for an Individualized Education Program, or have been referred for an IEP. This workshop focuses on understanding parent rights in the IEP process, how to initiate a referral for an examination, outlining the steps involved in an IEP, how to prepare for an IEP meeting and how to remain engaged throughout the process. *For parents with children of all ages.*

Structure It's Not a Bad Word; It's a Good Thing..... P1011

Children who lack structure are more likely to have problems at home, at school and with their peers. Children like structure and thrive when there is structure. In this workshop, parents will; understand structure and why children need it, learn the benefits, learn strategies to create structure and routines at home and meet the challenges that get in the way of a consistent routine. *For parents with children of all ages.*



Affective Workshops for Parents

Good Words Which Maintain Control..... P1012

Explore the use of how words cause reactions and influence how children feel about themselves. Parents will experience how the meaning and delivery of words have long lasting effects on the recipient. This workshop will assist parents with communication and discipline of their children by using "Good Words."

For parents with children of all ages.

Direct Your Child in Good Behavior..... P1013

In this workshop parents will uncover how security, firmness, kindness consistency, happiness, limits and environment are factors which determine behavior. Parents will explore signals that may be indicators of negative behavior which can be addressed and the behavior avoided.

For parents with children of all ages.

Positive Emotional Development..... P1014

Parents experience the effects met and un met emotional needs. Numerous techniques are introduced, from which parents can choose, in order to enhance child's emotional health. *For parents with children of all ages.*

Helping Your Child Learn..... P1015

Parents explore self worth, motivation, pressure and their home atmosphere as they relate to their child's learning. This workshop helps parents step into their child's shoes in order to formulate strategies best suited for improving their child's attitude about learning. *For parents with children of all ages.*

Developing Your Child's Self-Esteem..... P1016

An atmosphere in which your child knows they are secure, loved, given attention, and wanted is one in which self-esteem is developed. When your child feels good about him/herself, he/she feels their potential is unlimited. In this workshop parents step into various environments in order to construct the one which is best for their child. *For parents with children of all ages.*

Managing Your Preschool Child's Behavior at Home..P1017

Parents will engage in practicing age appropriate techniques in order to increase positive behavior, handle and reduce negative aggression, and work with young children who are challenging and disruptive. *For parents with children ages 3 to 6.*

Affective Workshops for Parents

Healthy Minds, Healthy Feelings..... P1018

This activity-based workshop reveals how children interpret and respond to rules, criticism, compassion and being compared. How these points are implemented contribute to the healthy minds and healthy feelings of children. *For parents with children of all ages.*

Stages of Manhood..... P1019

This interactive workshop consists of comprehensive design activities which guide parents in helping in the development of young men to manhood. *For parents with children of all ages.*

Home and Harmony..... P1020

This workshop looks at various home situations so parents can reflect on their own. Techniques and activities best suited to bring harmony in the home are tested. Parents decide which techniques will positively promote harmony in their home. *For parents with children of all ages.*

The Single Parent P1021

This workshop takes parents through challenges faced by single parents and their children. Parents walk through techniques they can use to meet those challenges. *For parents with children of all ages.*

Developing Values for Responsible Living..... P1022

This workshop focuses on how pre-teens develop values so parents can implement strategies which will bring about responsible behavior. Understanding, appreciation, choices, expectations, and character are among the areas parents connect to responsible behavior. *For parents with children of all ages.*

Helping Your Child Say NO to Alcohol, Tobacco and Drugs..... P1023

Parents develop methods to prevent chemical dependency in their children based on their individual situation, environment and experience. Learn how to instill NO so that it comes natural to your children. *For parents with children of all ages.*

Understanding Standardized Testing and Its Implications.....P1024

This workshop informs parents about standardized tests, their purpose and impact on children's education. Parents will also learn how to prepare their children for standardized testing. *For parents with children ages 8 to 14.*

Affective Workshops for Parents

Organization for Student Academic Success.....P1033

Parents learn how to guide their children in their pursuit of academic success by being organized and focused. *For parents with children ages 10 to 18.*

Cyber Bullying.....P1034

Cyber bullying is invading the home. Parents must know the steps to take and what to do in order to help their children effectively deal with the horrific effects of this type of harassment. Students are bullied at every grade level. *For parents with children of all ages.*

Improving Technology Skills to Promote Higher Academic Achievement.....P1035

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Insights on NWEA.....P1039

Training and activities provide parents on NWEA evaluation and common core activities. *For parents with children of all ages.*

Conflict Resolution.....P1040

Managing conflict and resolving flash points with your children. *For parents with children of all ages.*

Parents Committed to School Success.....P1041

Parents practice techniques to help improve student learning. Proven techniques which motivate students to read, write and learn at a high levels from pre-school through high school are introduced. *For parents with children of all ages.*

Affective Workshops for Parents

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Health Workshops for Parents

Therapeutic Massage for Childhood Disharmony..... P1025

In this workshop parents learn massage techniques to help relieve stress and tension in infants so they will grow up happy and energetic.

For parents with children ages 6 months to 4 years.

Stress Management for Parents..... P1026

This is an educational activity-based workshop which will assist parents and their family (including the children) in managing the everyday pressures of life. We are all managers, first of ourselves, then of our children. Manage stress so it does not manage you! *For parents with children of all ages.*

Yoga..... P1027

Parents learn and practice simple physical postures for purposes of stress relief, relaxation, mobility, flexibility, and mental focus. Utilizing these techniques will contribute to a happy home.

For parents with children of all ages.

Meditation P1028

Parents learn and practice simple techniques which will help improve their mental focus, concentration and ability to relax. Utilizing these techniques will contribute to a happy home.

For parents with children of all ages.

"It's a Family Affair"

Methods to Prevent Childhood Obesity..... P1029

Parents will understand how dietary practices, physical inactivity and inherent factors contribute to childhood obesity. Parents utilize and improve their skills regarding understanding food labels and food ingredients in order to provide their children with food that will enhance their mental and physical well being.

For parents with children of all ages.

Eating to Thrive Not Just Survive..... P1030

This workshop enhances parent's knowledge of food which is beneficial for the overall well being of the family. Parents explore the effects of various types of food on behavior, physical development and learning. *For parents with children of all ages.*

Holistic Health..... P1031

Good health for you means good health for your children, family, and your friends. Learn ways to improve your health and those around you. *For parents with children of all ages.*

Stress Management Wellness Package

Ear Acupuncture (auricular therapy)

Acupuncture has grown in popularity in the United States and is regarded as a safe and effective treatment. Auricular therapy is used to treat many conditions, including addiction, mood disorders, obesity, and pain management. This treatment is a holistic approach that treats the whole person. Acupuncture points found on the ear help to regulate the body's internal organs, structures, and functions.

Chair Massage

Chair massage is a way of enhancing and improving one's all around physical state. Swedish and deep tissue massage is done on an ergonomically designed massage chair. Techniques are used to help relieve areas of stress and promote circulation in key muscle groups so the recipient is more alert, pain free and energized. Massage recipients remain clothed and no oils or creams are used.

Chiropractic

"Chiropractic" is the health care emphasizing the inherent recuperative power of the body to heal itself. The practice of chiropractic focuses on the relationship between structure (primarily the spine), function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health."

Stress Management Wellness For your staff and/or parents

Standard Package	Content	Participants	Duration	Price
	Chair Massage	24		
W100	Chiropractic	12	2 - Hours	\$1,625.00
	Ear Acupuncture	36		
	Chair Massage	36		
W1001	Chiropractic	18	3 - Hours	\$2,485.00
	Ear Acupuncture	48		

Workshop Facilitators

Dr. Linda Coles has successfully served as a principal, assistant principal and teacher at the elementary and high school levels within the Chicago Public Schools. Dr. Coles was Phi Delta Kappa's Educator of the Year in 2000, recipient of Chicago Principals and Administrators Outstanding Leadership Award in 2001, and recipient of Chicago Teachers Union Quest Center 10th Anniversary Community Leadership Award in 2002.

Dr. Grace Graves Dawson is a veteran school educator having served the Chicago Public Schools as a primary teacher, a special education teacher and a counselor. She moved on to become a parent coordinator, human relations coordinator and the co-ordinator for the Severe and Profoundly Handicapped Program. Dr. Dawson has served as an elementary school principal and executive director of the Division of Dropout Prevention for the Chicago Public Schools.

Dr. Noni K. Gaylord-Harden is a dynamic and nurturing facilitator who has worked with parents and children in the Chicago Public Schools, Memphis City Schools, and the Institute for Juvenile Research at the University of Illinois at Chicago. Dr. Gaylord-Harden guides parents to solutions that are best for them.

Dr. Troy Harden has been working with youth and families, in diverse settings, for over twenty years. Dr. Harden is a practitioner, researcher, advocate and trainer around issues involving youth in urban environments. He has been facilitating parental and youth workshops for over fifteen years as well as training facilitators. He is a licensed clinical social worker presently on staff at Chicago State University.

Yirser Ra Hotep teaches courses across the US and the world on Stress Management, The Science of Yoga, The African American Family, Valuing Human Difference and Holistic Health, to name a few. He has held positions as a social worker, child welfare specialist, and substance abuse counselor. As a master yoga instructor, Mr. presently certifies yoga instructors.

Workshop Facilitators

Dr. Marisha L. Humphries is a licensed clinical psychologist with extensive experience in assessing and treating preschool age children with behavioral difficulties. Dr. Humphries has worked with parents and school personnel to develop behavior management plans to assist in promoting childrens' positive social and academic development. This includes facilitating ISAT workshops for parents to help them understand the test, its impact on grade promotion, and the significant impact this standardized test has on Chicago Public School high school enrollment.

Solomon Humphries Sr. specializes in math, science and technology. As a former math teacher and elementary school administrator, he has dedicated his career to not only educating but enlightening students and professional educators on the benefits and enjoyment that come from being comfortable and informed about technology.

Anthony Bharataji Joplin is a certified anger management counselor through the Chicago Anger Institute. He is one of the lead facilitators for a program at California State Prison in Sacramento called Inside Circle, which sponsors and facilitates inmate groups inside the prison. Mr. Joplin is co-founder, president, and lead facilitator of The Dylan Group, which specializes in all areas of human development, including substance abuse counseling, group and individual mentoring, conflict resolution, and crisis intervention.

Khadijah Kysia is licensed acupuncturist, board certified herbalist, and poet. She received a Bachelor Degree in Creative Writing from the University of Michigan in Ann Arbor and a Masters of Science in Traditional Oriental Medicine from Pacific College of Oriental Medicine (Chicago). Her workshops encourage the relationship between mind-body wellness, self expression, community and the innate potential of the body to heal itself.

Christina Padilla is an experienced facilitator who has conducted community workshops on various health topics, helping parents achieve a college education and chronic disease management. She has also been a diabetes health promoter and leader of the Chronic Disease Self Management Program.

Workshop Facilitators

Ermindia Ruano has worked as a chemical engineer and math professor. As an engineer and administrator she has worked in the metal and food industries in Mexico and the United States.

Ms Ruano has worked with adults as a GED Instructor and youth leader. Throughout her academic career she has earned various honors and research grants. Her desire is to instill a love of learning and enthusiasm for math and science in young people and adults.

Constance Shabazz, M.D. has served as a primary care provider in internal medicine, as a medical director and as a chief executive officer (CEO) of a CHC. She takes special interest in people living with HIV/AIDS, substance abusers, maternal and child health, and the uninsured/underinsured. In 2001 she was selected as a Public Service Fellow by the Kennedy School of Government at Harvard University.

Patricia Walton is a certified licensed massage therapist. She has studied at the Chicago School of Massage Therapy, trained in Swedish Massage, Thai Yoga Massage, Hot Stone Massage, Reiki, Reflexology, Infant Massage, Acupressure, Aromatherapy and Palmer's Method of seated massage. In 1995, she opened WALTON'S URBAN RETREAT, a full-service spa. Ms. Walton has gained spa experience at Mario Tricoci, Urban Oasis and the world-renown Elizabeth Arden Salon.

Teresa Zeigler is a board certified licensed acupuncturist and Chinese Herbalist. She holds a dual masters degree in Traditional Oriental Medicine and Chinese Herbology. Ms. Zeigler is certified in the treatment of digestive disorders, gynecological disorders, and Tui Nai Chinese Massage and has done extensive study in Japan and at the Beijing International Acupuncture Training Center.

Pricing, Ordering and Scheduling

To schedule a workshop contact sales or customer service:

Office: 773.269.6528 Fax: 773-268-2443 L.J. FRAME, LLC
800.992.3904 866.724.1825 710 E. 47th St.
Suite 204W
Chicago, IL 60653
Email: Inquire@Ljframe.com

Workshops for Parents (P series workshops)	English or Spanish (1 facilitator)	English and Spanish (2 facilitators)
1 Hour	\$460.00	\$710.00
2 Hour	\$670.00	\$1,160.00

Workshops for Parents (PM series workshops)	English or Spanish (1 facilitator)	English and Spanish (2 facilitators)
1 Hour	\$700.00	\$950.00
2 Hour	\$910.00	\$1,400.00

10% discount for each workshop conducted within one school year after purchase of the initial workshop.

Prices subject to change based on location, group size and custom requirements.

PM workshops include manipulative packages.

3 Hour Wellness Package	\$1,615.00
2 Hour Wellness Package	\$1,400.00

Prices subject to change based on location, group size and custom requirements.

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