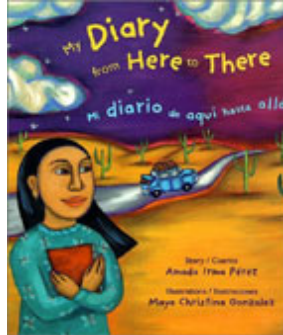




# Supporting the Parent

## Celebrate Hispanic Heritage Month

Salute the rich history of Hispanic culture with games, books, activities, and fun! Hispanic Heritage Month, September 15 to October 15, is a great way to celebrate a family legacy and expose students to world traditions. Colorin Colorado! is a great website which encourages the appreciation of this rich culture. You can send an e-card or find books to read about Hispanic culture. There are also many activities to print out and do together. You can download a poster which has a wide variety of projects to do from PreK-12. At the bottom of this website there are many other links to explore.



In addition to celebrating Hispanic Heritage Month there are tips to foster good reading skills and learn the enjoyment of reading. Explore more information on this website at <http://colorincolorado.org>

## Becoming A Love & Logic Parent

Parent training program designed by the Love and Logic Institute available in Watauga & Ashe Counties

- Would you like some “how-to” tips in classic parenting dilemmas?
- “How do I get them out of bed in time to catch the school bus?”
- “How do I stop my children from bickering and fighting?”
- “How do I get my children to help with the chores without an argument?”
- “Is there a way to discipline my toddler in public without creating a scene?”

This course is designed to give you practical skills that can be used immediately.

**Watauga County:** Time: 6-8pm Date: Sept. 18 - Oct. 30  
 Place: Large Conference Room/Human Resource Building, Boone  
 Cost: \$10 (per 1 book)

To register call: Roberta Yates, MA @265-8100/e-mail: [robertayates@ncmail.net](mailto:robertayates@ncmail.net)

**Ashe County:** Time: 6-9pm Dates: Sept. 18, 25 Oct. 2, 9  
 Place: Family Central School Road, Jefferson

To register for this class please call (866)812-3122.



Family Support Network of the High Country

150 Den-Mac Drive  
Boone, NC 28607

(828) 262-6089  
Toll Free Parent Line:  
(866) 812-3122  
Fax: (828) 265-5394

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AFFILIATED WITH:



Appalachian State University



Children's Developmental Services Agency of the Blue Ridge



Family Support Network of North Carolina



High Country United Way

## UPCOMING EVENTS

Call us for more information about these events.



## Share Group

**Challenging Behaviors Share Group** is an opportunity to come join other families once a month to share knowledge, strengths, hopes and experiences. We eat together, visit, relax and learn about new resources and ways to help our children and ourselves. We respect each person's right to confidentiality and all agree that any personal information shared at a meeting, stays at the meeting. We believe that both information and fun are important. Topics in the past have been an introduction to the Love and Logic parenting approach, How To Keep Your Stripes On (Stress Relief!) and a family picnic. We strive to take an active part in making services better for our children.

This group is sponsored by FSN-HC and Watauga Youth Network.

**Families with Medically Fragile Children Share Group** is a unique opportunity for families to meet and share with others with similar lifestyles and concerns.

Both Share Groups meet the second Friday of each month at 6pm at the Challenging Behaviors Share Group, Boone Unitarian Universalist Church, Boone.

Support groups are also meeting in Wilkes and Alleghany. For information call and leave a message for Norma at (866)812-3122.

New families are always welcome! For more information/RSVP, please call (828) 262-6089. Childcare is provided if requested.



## Appalachian State University Home School Physical Education Program

Program is open to all home-schooled children in High Country. Students must be 5 years old by October 31, 2006. Physical Education program runs for the entire 2006-2007 school year. Classes will start on Tuesday, September 12, 2006. Classes meet every Tuesday and Thursday from 1-1:50pm. Classes meet at Varsity Gym on the ASU campus. For more information on the program or to register contact: Jim Morris (Holmes Center at ASU); Phone 262-2935 or Scott Townsend (Holmes Center); Phone 262-3140.



## Library Card Sign-up Month

It is time to sign up for a library card. Below are some of the exciting things you can do at the library.

- 1) Get a list of community organizations.
- 2) Find a list of childcare centers.
- 3) Preschool story hour.
- 4) Enroll your child in summer programs.

For more tips and to discover what else you can do at the library go to <http://www.ala.org>

## “Together, We Can Make a Difference”

### Conference by ECAC

While this conference is not specific to children with disabilities, the sessions have been planned to provide all families and participants with very useful information on a variety of topics. This conference is put together by the ECAC in collaboration with Winners PLUS Agency and the Charlotte Advocates for Education. This conference is for families of elementary, middle and high school students, teachers, Title 1 coordinators, parent involvement coordinators, school administrators, parents organizations, community leaders and anyone interested in involving families.

The conference will be held:

**Saturday, September 16th**

**Hilton Hotel, Charlotte Center City, Charlotte, NC**

**7:30 - 8:30 Registration/Continental Breakfast/Exhibits**

**8:30 - 3:30 Conference**

**\$10.00 for parents, \$20.00 for professionals - lunch and materials are included in registration cost!**

*A limited number of stipends are available ~ please call for more information!*