

## **Operation Shoestring Parents Small-Group Meetings**

**Eating Healthy** is a seven week program (introduction and survey, being sugar smart, spice, cooking demo I, cooking demo II, nutritional counseling, and potluck) that is geared towards supporting the parents by identifying what does healthy eating look like to them. This workshop serves a total of 25 parents.

**Getting Fit** is a six week training class of 20 parents for 1.5 hours that assist in helping to understand the value of "getting fit" and identify the many ways in which it supports the body not only physically, but mentally and emotionally as well. Each week we will focus on how getting fit allows you to sleep better, be more productive, keep the brain sharp, live longer, lower resting heart rate, strengthen bones, lower blood pressure, and prevent weight gain.

**Homeownership** workshops will work closely with parents who are homeowners or looking to purchase a home with understanding the following:

- Household Income
- Building Credit
- Types of loans (VA, USDA, FHA) low to no down payments
- Financial Stability- monthly mortgage can be less than rental prices
- Home Mortgage/Home Warranty
- Tax benefits
- No more moving
- Sense of Community

**Principles of Advocacy** workshops will be about learning a skill that will allow parents to understand their strengths and weaknesses, know what they need to succeed, and communicate that to other people using the six principles of advocacy below:

- Advocacy is active promotion of a cause or principle
- Advocacy involves actions that lead to a selected goal
- Advocacy is one of many possible strategies, or ways to approach a problem
- Advocacy can be used as part of a community initiative, nested in with other components.
- Advocacy is not direct service
- Advocacy does not necessarily involve confrontation or conflict

**Career Readiness** workshops are for parents that are currently in the work force and who want to hone the skills that employers value. It will focus on the following areas:

- Content knowledge
- Cognitive strategy
- Learning skill and technique
- Transition knowledge and skill

**Parenting Skills** workshops will focus on helping parents continue developing their parenting skills in the following key areas:

- Stress and anger management
- Boundaries and behavioral management
- Facts and feelings
- Validation

**Entrepreneurship** workshops will focus on the developing qualities of a good entrepreneur in assisting our parents in the steps they need to take to start a new business.

**Stress** workshops will focus on the effects of stress and the benefits of stress management for physical and emotional wellbeing

**Savings Challenge** workshops will help parents understand how saving money will help you become more financially secure and provide a safety net in the event of an emergency.

**Back to School/What's Your Next?** Parents will participate in a series of hands-on learning workshops that will allow them to gain soft and basic skills to enter into the workforce.