

## Holiday Workshop Series

Rabbi Becky Hoffman | Thursday Evenings | 7:30 pm

### CRAFTING THE HOLIDAYS

*A Time to Learn, A Time to Create*



Spend time with friends learning and creating crafts for the Jewish holidays. During each session, you will learn with Rabbi Becky Hoffman about a new aspect of the holiday and then create a wonderful craft project to enhance your holiday experience.

■ **The Spirit of Welcoming** **New Date: October 1, 2009**

Just in time for Sukkot! Create beautifully embossed greeting cards to wish all of your family and friends a chag sameach.

■ **Not Your Child's Challah Cover** **October 22, 2009**

You love and cherish the beautiful dot art challah covers our children make, but now it's your turn to make a challah cover for your Shabbat table. Learn to embroider a sophisticated and stylish challah cover.

■ **Make Memories Today, Keep Them Forever** **December 3, 2009**

Hannukah is a time of creating memories. Take those pictures out of the shoebox and create a scrapbook keepsake. Each person will make 2 pages of a scrapbook with creative paper and embellishments.

■ **Style. Spring. Seder.** **March 18, 2010**

Have you ever looked at those beautiful centerpieces and chic tables at parties and said, "I want to do that"? Now you can! Come learn about the connection between Passover and spring while creating an amazing Seder table as well as unique hostess gifts.

**VBS Members \$120**

**Non Members \$140**

**Register by September 1 for a \$20 discount**

**Registration deadline: September 15, 2009**



## What is the Family Center?

We went to school to acquire job skills. We train to get a driver's license. We even take lessons to play golf or tennis. But no one formally taught us how to raise a family. Valley Beth Shalom established the Family Center to recognize and celebrate the family as the center of a fulfilling Jewish life. The Family Center offers a broad spectrum of programs to teach skills necessary to enrich and nurture family relationships that will strengthen the base of Jewish identity and family values. These programs are offered throughout the year. We welcome and encourage your participation.

**Michele Warner, Family Center Director**  
**Beth Kraft, Family Center Assistant Director**  
**Rabbi Ed Feinstein**  
**Rabbi Harold M. Schulweis**  
**Rabbi Joshua Hoffman**  
**Rabbi Noah Zvi Farkas**  
**Rabbi Paul Steinberg**



For more information call 818.788.4667

15739 VENTURA BOULEVARD | ENCINO, CA 91436 | WWW.VBS.ORG



***Celebrating The Family***

PROGRAMS 2009-2010

*The Parent Network Series* ■

*Holiday Workshop Series* ■

*Infant/Child CPR* ■

*Raising Moral Teenagers* ■

*Parenting Adult Children* ■

# The Parent Network Series

Thursday Evenings | 7:30 pm

## Who's The Boss: Parents In Charge

*Dana Chidekel, Ph.D*

**October 29, 2009**

Are you overwhelmed when dealing with a willful child or a challenging parenting situation? Come and learn appropriate techniques to take charge and be the one in control.

## Losing Battles: Sleeping, Eating and Toilet Training

*Susan Stone, MFT*

**November 12, 2009**

It doesn't have to be a battle. Join us to learn to navigate these often challenging issues that are part of every child's growth and development.

## The Truth About The Internet

*Lori Getz, Cyber Education Specialist*

**November 19, 2009**

This program is designed to educate parents about safe ways to use the Internet. Discussion will include use of web cams, social networking sites and cyber-bullying. Come and learn how to help your child take advantage of the Internet in appropriate ways.

## Parent Effectiveness Training: A Communication Workshop

*Carol Nalin, Parent Educator*

**January 14, 2010**

*Michele Warner, M.S.*

P.E.T. is a program proven to be effective in teaching parents how to raise responsible children. Join us and learn how to help your children solve their own problems and confront their unacceptable behavior. Also learn helpful techniques to resolve conflicts between parents and children.

## Self-Esteem In An Image-Obsessed World

*Elaine Rosen, M.D.*

**February 11, 2010**

This evening will cover ways to help your child acquire a positive self-image and the self-esteem necessary to become a confident and happy adult.

## Difficult Topics: How To Talk To The Kids?

*Rabbi Ed Feinstein*

**February 25, 2010**

Join Rabbi Feinstein for an evening that will explore ways to discuss difficult topics such as divorce, death, financial stress or illness with your child.



## Supporting Your Child When Conflicts Arise

*Barbara Polland, Ph.D., MFT*

**March 11, 2010**

Learn ways to assist your child in resolving conflict in school, in sports and at home. Issues such as peer pressure, teasing, bullying, criticism, lying and exclusion will be addressed.

## Yes, You Can Prevent Sibling Rivalry: Have Only One Child

*Cookie Spancer,*

**April 22, 2010**

*A Wise and Witty Parent Instructor*

Sibling rivalry has existed since Cain and Abel. Join us for an upbeat, lighthearted exploration of alternatives to yelling, bribing and threatening.

VBS Members \$80  
Non Members \$100  
\$10 discount for couples

The Parent Network fee entitles you to a choice of 5 or more workshops:

Indicate your choices by checking the box next to the program's title on the enclosed enrollment form.

Register by September 1, 2009  
for a \$10 Early Bird Discount

Registration deadline: October 1, 2009

## Infant/Child CPR

*John Tyler, CPR, First Aid Instructor*

Are you or someone you know such as a friend, caregiver, housekeeper, or nanny interested in learning C.P.R.? The VBS Family Center is offering classes for **adults only** in English and Spanish.

The class in **English** meets **Tuesday, October 13, 2009** from 6:30 to 9:00 pm

The class in **Spanish** meets **Thursday, October 15, 2009** from 6:30 to 9:00 pm

The cost is \$50 per person, payable in advance. Sorry, no refunds or cancellations. Enrollment is limited.

## Raising Moral Teenagers

*Bruce Powell, Ph.D.*

**Monday, November 9, 2009 at 7:30 pm**



Facebook, Twitter, and YouTube, as well as interpersonal relationship issues regarding intimacy, friendships, alcohol and drug use have created challenging and often stressful decision-making contexts for our teenage (and younger) children. Dr. Powell will address these issues and will provide both philosophical and practical views on how parents can understand and deal with tough situations. He will also teach how to use Jewish values to build a solid "house" for teens to dwell and for parents to live.

VBS Members \$10 Non Members \$12

## It Ain't Like When They Were Little

The Challenges of Parenting Adult Children

Presented By A Panel Of Experts: *Nickie Godfrey, L.M.F.T., Charles Lerman, Ph.D, Yolanda Noack, L.C.S.W. and Marsha Spike, L.C.S.W.*

**Thursday, March 4, 2010 at 7:30 pm**

When children are young, parenting skills involve nurturing, protecting and guiding. As they become adults, the transition for the family can be exciting but also bewildering, disappointing and dysfunctional. Issues such as money, giving advice, career choices, partner choices, lifestyle choices or how to let go can be challenges facing parents. Learn the essential skills needed to have a healthy and satisfying relationship with your adult child.

VBS Members \$10 Non Members \$12

## VBS FAMILY CENTER 2009-2010 PROGRAMS

### ENROLLMENT FORM

Take advantage of the early bird discounts – enroll by September 1, 2009  
Deadline to enroll is September 15, 2009

First & Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

<b>THE PARENT NETWORK SERIES:</b>	<b>VBS Member</b>	<b>Non Member</b>
Fee entitles you to a <b>choice of 5 or more workshops</b> . Please indicate your choices from the list below:	<b>\$80</b>	<b>\$100</b>

- Who's The Boss: Parent's In Charge
- Losing Battles: Sleeping, Eating and Toileting
- The Truth About The Internet
- Parent Effectiveness Training
- Self Esteem In An Image-Obsessed World
- Difficult Topics: How To Talk With The Kids
- Supporting Your Child When Conflicts Arise
- Yes, You Can Prevent Sibling Rivalry...

*\$10 Couples discount* - \_\_\_\_\_

*\$10 Early Bird discount (enroll by Sept. 1)* - \_\_\_\_\_

**SUB TOTAL:** \_\_\_\_\_

<input type="checkbox"/> <b>HOLIDAY WORKSHOP SERIES:</b>	<b>VBS Member</b>	<b>Non Member</b>
	<b>\$120</b>	<b>\$140</b>
<i>\$20 Early Bird Discount</i> -	_____	_____
<b>SUB TOTAL:</b>	_____	_____

<input type="checkbox"/> <b>INFANT/CHILD CPR - English</b>	<b>\$50</b>	<b>\$50</b>
<input type="checkbox"/> <b>INFANT/CHILD CPR - Spanish</b>	<b>\$50</b>	<b>\$50</b>
<b>SUB TOTAL:</b>	_____	_____

<input type="checkbox"/> <b>RAISING MORAL TEENAGERS</b>	<b>\$10</b>	<b>\$12</b>
<b>SUB TOTAL:</b>	_____	_____

<input type="checkbox"/> <b>IT AIN'T LIKE WHEN THEY WERE LITTLE</b>	<b>\$10</b>	<b>\$12</b>
<b>SUB TOTAL:</b>	_____	_____

**TOTAL:** \_\_\_\_\_

## VBS FAMILY CENTER 2009-2010 PROGRAMS PAYMENT INFORMATION

Full payment must be included with the enrollment form.

Please make checks payable to **Valley Beth Shalom**  
and mail to: **15739 Ventura Blvd. Encino, CA 91436**  
**Attn: Family Center**

All fees are nonrefundable

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

#### Method of Payment

Check     Cash    **Credit Card:**     Visa     Mastercard

Total amount: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Signature \_\_\_\_\_

Telephone: ( \_\_\_\_\_ ) \_\_\_\_\_

If you have any questions, please call the Family Center  
at (818) 788-4667