



17th Annual  
**Summer Institute**  
 June 19, 26, July 10, 17, 2009

**Youth Awareness Day** **Friday, June 19**

**Workshops on June 19th focus on youth issues and are relevant for providers and community members involved with youth from early childhood to late teens.**

- 8:30-10:15 AM Bonding and Attachment Issues:** This workshop focuses on early childhood attachment issues experienced when a child is in an abusive environment. Presenter: Jordana Saletan, Blake Foundation
- 10:30-12:00 PM Aging Out:** This workshop deals with issues faced by youth who “age out” of the foster care system. Presenter: Eshawn Peterson, In My Shoes, Inc.
- 1:00-2:30 PM Gangs in Our Community:** Participants in this workshop will learn about the latest trends in gang activity and how to recognize the warning signs of youth involvement. Presenter: Sgt Marcos Moreno, AZ National Guard
- 2:45 –4:00 PM Youth in Philanthropy:** Learn how to get youth involved in projects that make a positive impact on our community. The Youth In Philanthropy program introduces youth to the various types of nonprofit agencies, provides them with the opportunity to organize a fundraising event for a particular charity, and guides them through a process to democratically select a beneficiary charity. Youth groups typically raise \$1,000 – \$5,000 for their charity or charities of choice. Presenter: Nancy Jones, St Luke’s Home

**Senior Awareness Day** **Friday, June 26**

**Workshops on June 26th focus on senior issues and are relevant for providers and community members working with older adults.**

- 8:30-10:00 AM Fall Prevention and Lifeline:** Learn how to help your elderly clients avoid serious injury from falls. This workshop will also present information on Lifeline, a device that keeps vulnerable people safe. Presenter: Sandy Wahl, Our Family
- 10:30-12:00 PM Financial Scams:** During this session, you will learn about the current financial scams and schemes to which elders are falling prey. Presenter: Tucson Police Department Elder Abuse Task Force
- 1:00-2:30 PM Dealing with Difficult Behavior/Crisis Intervention with Older Adults:** This presentation covers working with individuals with cognitive impairment who present with behavioral issues. Potential causes of the behaviors, what the behaviors include and methods of intervention will be addressed. The presentation will also cover an overview of NonViolent Crisis Intervention methods that assist in managing these behaviors in all settings. Presenter: Terri Waldman, Encore Senior Village
- 2:45-4:45 PM Breathe Well—Feel Better:** If you hold your breath or are short of breath, want relief from chronic pain, insomnia, stress, high blood pressure, asthma, or migraine – or if you just need more energy – you will benefit from this workshop. You will learn techniques to: rejuvenate, refresh, and energize; calm the nervous system; assists weight loss; stimulate circulation, metabolism and the body’s immune response; recognize and avoid hidden hyperventilation; reduce stress and anxiety instantly and keep it under control. Presenter: Steve Ross, MA, Valor HospiceCare & PalliativeCare

**Receive one free workshop for every three paid workshops.**

\*\$35 Fee for Community Resources workshop reflects a \$5.00 discount for the Directory of Community Resources.

Please make checks payable to: Our Family Services.  
 Mail to PO Box 40250, Tucson AZ 85717  
 or call 323-1708 to pay by credit card.

Number of workshops attending \_\_\_\_\_  
 Number of workshops paid: \_\_\_\_\_  
 Amount Enclosed: \$ \_\_\_\_\_

**ALL WORKSHOPS ARE HELD AT LA PALOMA  
 FAMILY SERVICES, 870 W MIRACLE MILE**

**REGISTRATION FORM**

Name: \_\_\_\_\_ Title/Position: \_\_\_\_\_  
 Organization: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

June 19, 2009	June 26, 2009	July 10, 2009	July 17, 2009
<input type="checkbox"/> Bonding/Attachment Issues (\$15)	<input type="checkbox"/> Fall Prevention for Seniors (\$15)	<input type="checkbox"/> Community Resources (\$35*) (*Includes Directory of Community Resources; Class only Fee: \$15)	<input type="checkbox"/> Challenging Staff (\$15)
<input type="checkbox"/> Aging Out of Foster Care (\$15)	<input type="checkbox"/> Financial Scams (\$15)	<input type="checkbox"/> Generation Communication (\$15)	<input type="checkbox"/> Performance Evaluations (\$15)
<input type="checkbox"/> Gangs in Our Community (\$15)	<input type="checkbox"/> Difficult Behavior (\$15)	<input type="checkbox"/> Risk/Protective Factors (\$15)	<input type="checkbox"/> Get to the Point (\$15)
<input type="checkbox"/> Youth in Philanthropy (\$15)	<input type="checkbox"/> Breathe Well-Feel Better (\$15)	<input type="checkbox"/> Me, Stressed? (\$15)	<input type="checkbox"/> Computer 101 (\$15)

## Tools You Can Use

Friday, July 10

**Workshops on July 10th focus on practical skills to benefit the service provider both professionally and personally.**

- 8:30--10:00 AM** **Accessing Community Resources:** Finding resources for your clients can be challenging. This workshop will give practical skills for finding services and using the Information and Referral Directory of Community Resources for Southern Arizona. Participants of this workshop will receive a directory at a discounted rate. Presenter: Victor Quiros, Our Family
- 10:30-12:00 PM** **Generational Communication:** Does it seem that anyone ten years younger or older than you speaks a different language? This fun, interactive workshop will demonstrate the differences in communication among different generations. Presenter: Victor Quiros, Our Family
- 1:00— 2:30 PM** **Risk and Protective Factors:** Understanding risk and protective factors can help you model your programs and funding requests to get the results you desire. Randy Longacre, Providence
- 2:45— 4:45 PM** **Honestly—Me, Stressed?:** This interactive workshop gives understanding to the purpose and dynamics of stress on the human life and life span. Participants will learn the definition of "Stress Junkie" and determine if they fit into this category. Self talk and dealing with negative feedback will also be explored. Finally, discover some tested and proven stress busters that can be done either alone or with others. Presenter: Charlotte Peper, Our Family

## Skills for Supervisors

Friday, July 17

**Workshops on July 17th focus on skills useful for those with supervisory or report writing responsibilities.**

- 8:30-9:45 AM** **Dealing with Challenging Staff:** If you've ever had to discipline or terminate an employee, it is likely that job skills weren't the issue, but rather interpersonal skills. This workshop offers supervisory skills for working with staff who are a bit more challenging. Presenters: Lisa Reams, Our Family and Jay Langdon, Focus HR
- 10:00-12:00 PM** **Writing a Fair and Objective Performance Evaluation:** During this session we will explore the "3C Process" of performance evaluation. The 3C's – consistency, compassion and courage – will guide you in meeting your agency's evaluation requirements. Presenter: Catherine Tornbom
- 1:00-2:30 PM** **Get to the Point:** This workshop will cover the basics of good writing, with tips for cutting through the clutter of today's electronic communications landscape. Presenter: Angela Hagen, Our Family
- 2:45 –4:45 PM** **Computer 101:** Word, Excel and Outlook are wonderful tools that can make your life easier if you know a few tricks and shortcuts. Learn how to make an impressive table, create a spreadsheet with formulas or schedule a meeting using these programs. Laptops are suggested but not required for participation in this session. Presenter: Rome Hamner, Our Family

***Continental Breakfast provided each morning.  
Certificates of attendance will be given.***

We will notify you if a session you request is full; otherwise, you will not receive confirmation of your registration. For more information about the Summer Institute or other OUR FAMILY training opportunities, call (520) 323-1708 ext. 211 or visit our website at ourfamilyservices.org.

**All workshops are held at La Paloma Family Services, 870 W Miracle Mile, Tucson, AZ**



OUR FAMILY SERVICES, INC.  
P.O. BOX 40250  
Tucson, AZ 85717