

# FOSTER CITY FAMILY ENRICHMENT SERIES

*Strengthening Families and Communities through Family Education*

Please join us for four **FREE** workshops for the 2014-2015 school year:

## **Keeping Kids Safe on the Internet: What Parents Should Know**

**Wednesday, November 5, 2014**

Did you know that teens spend more time using digital media than spending time at school or with their parents? This free class will give parents tips on social media trends and how to keep their kids safe on the internet.

Presented by: Foster City Police Department

## **Learning to Let Go – Freedom with Children and Teens**

**Wednesday, January 14, 2015**

We want our children to grow up to be responsible adults. This talk discusses what skills kids need to learn and how parents can shift from being a manager to a consultant so they'll be ready to handle the challenges of new freedom.

Presented by: Cynthia Klein, Certified Parent Educator and Parenting on the Peninsula Columnist

## **Women's Self Defense (Age 13 +)**

**Wednesday, March 11, 2015**

This workshop is designed for women of all ages to be more aware, prepared, and ready for any self-defense situation that may occur.

Presented by: United Studios of Self Defense

## **Drug Awareness Presentation for Parents**

**Wednesday, May 13, 2015**

Parents will learn to identify substance use and abuse and what common street drugs are in the community.

Presented by: San Mateo County Narcotics Task Force

All workshops will be held at the Foster City Teen Center (670 Shell Blvd.) from 6:30pm-8:30pm. For more information or to reserve a space for a workshop, please call 650.286.3395 or email [thall@fostercity.org](mailto:thall@fostercity.org).

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*This is not a PTA or school sponsored program.*

