**Ridgemont Early Literacy Center**

**Family Resource Center**

**FREE Classes for Adults**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Class** | **Day** | **Time** | **Location** | **Description** |
| **Book Club** | **Mondays** | **8:10 AM****(Arrive no earlier than 7:50AM)****OR****2:00 PM** | **T-147** | **Establish a family reading routine and strengthen parent/child interaction by means of books.** |
| **Parent corner** | **Mondays** **&****Fridays** |  **Mon.-9:10 AM** **OR****Fri.- 1:00 PM** | **T-147** | **Parents lets chat and unwind****-Chat with other parents** **-Quick Tips****-Distress & Mental Health** |
| **Technology Skills** | **Tuesdays** | **9:00 AM****OR****2:00 PM** | **T-147** | **Learn how to manage skyward, school café, FBISD website and so much more.** |
| **Basic English** | **Thursdays** | **9:00 AM****OR****2:00 PM** | **T-147** | **Basic English conversation for beginners.** |
| **Health and Nutrition** | **Fridays** | **8:00 AM****OR****2:00 PM** | **T-147** | **-Tips on health and nutrition.****-weekly workout** |
|  |  |  |  |  |

**\*PLEASE CHECK IN AT FRONT OFFICE BEFORE ALL CLASSES\***

**For more information contact:**

**Rocio Hernandez**

**(281)327-2434**

**rocio.hernandez@fortbendisd.com**

**CLASSES BEGIN JANUARY 9TH!**

**Ridgemont Early Literacy Center**

**Centro de Recursos Familiar**

**Clases GRATIS para adultos**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Clase** | **Dia** | **Horario** | **Locacion** | **Descripcion** |
| **Club de lectura** | **Lunes** | **8:10 AM****(por favor de no llegar antes de las 7:50AM)****Y****2:00 pm** | **T-147** | **Establecer una rutina de lectura en la familia para fortalecer la interaccion entre padre/hij@ per medio de libros.** |
| **Esquina de padres** | **Lunes****Y****Viernes** | **Lunes: 9:10 AM****Y****Viernes: 1:00 PM** | **T-147** | **-Platica y consejos con otros padres.****-PLaticas de relajacion de salud mental** |
| **Tecnologia** | **Martes** | **9:00 AM****Y****2:00 PM** | **T-147** | **Aprenda el sitio web de Schoology, Skyward, FBISD y mucho mas.** |
| **Ingles Basico** | **Jueves** | **9:00 AM****Y****2:00 PM** | **T-147** | **Aprenda tener una conversacion basica en ingles.** |
| **Salud y Bienestar** | **Viernes** | **8:00 AM****Y****2:00 PM** | **T-147** | **-consejos de salud y nutricion****-ejercicios semanales** |

**\*Por Favor de presentarse en la oficina antes de todas las clases\***

**Para mas informacion comuniquese con:**

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**CLASES EMPIEZAN EL 9 DE ENERO!**