

RTC Draft Curriculum

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:45	<p><b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b></p> <p>Success as a Working Parent: Coping &amp; thriving-even when parenting feels overwhelming</p> <ul style="list-style-type: none"> <li>• Time Management-Franklin Covey Approach</li> </ul>	<p><b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b></p> <p>Success as a Working Parent: Positive Reinforcement (DS with Children)</p>	<p><b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b></p> <p>Opportunity Knocks:</p> <ul style="list-style-type: none"> <li>• ES Speaker ?</li> <li>• College Programs for TANF Parents</li> </ul>	<p><b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b></p> <p>Communication in the Workplace: The Work Place Skills Series</p>	<p><b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b></p> <p>Communication in the Workplace: The Work Place Skills Series</p>
10:45-11:00	break	break	break	break	break
11:00-12:15	Success as Working Parent: Creating a Parenting Network	Success as a working Parent: Child Care Smarts-resources and management	Financial Planning-May partner with Washington Society of CPA'S 1X per month	Communication in the Workplace: The Work Place Skills Series	Communication in the Workplace: The Work Place Skills Series
12:15-1:15	<p>Learning lunch:</p> <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	<p>Learning lunch:</p> <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	<p>Learning lunch:</p> <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	<p>Learning lunch:</p> <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	<p>Learning lunch:</p> <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>
1:15-4:00	Self-care: Stress Management	Self Care: Nutrition/Food Prep on a budget Workshop-May partner with WSU Extension program	<p>Career Exploration from perspective of your personality style:</p> <ul style="list-style-type: none"> <li>• Myers Briggs</li> <li>• Multiple Intelligence Check list</li> </ul>	<p>Career Exploration: Myers Briggs</p> <ul style="list-style-type: none"> <li>• Myers Briggs</li> <li>• Multiple Intelligence Check list</li> </ul>	Success as a Working Parent: Employer Expectations
					Pre-Work for DS Debriefing the week: conversation café

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:45	<b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b> Community Resources for Working Parents	<b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b>  Dependable Strengths	<b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b>  Dependable Strengths-	<b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b>  Dependable Strengths	<b>Welcome New Parents Review : Comfort Zone, Guidelines, Portfolio</b>  Interviewing: Practice by incorporating information gained in workshops
1045-11:00	break	break	break	break	break
11:00-12:15	Getting around: Solving Transportation Problems	Dependable Strengths	Dependable Strengths	Dependable Strengths	Practice Skills Acquired this week: Mock Interviews w/ ES DSHS staff
12:15-1:15	Learning lunch: <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	Learning lunch: <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	Learning lunch: <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	Learning lunch: <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>	Learning lunch: <ul style="list-style-type: none"> <li>• <b>check in w/ new &amp; returning parents</b></li> <li>• <b>Training videos</b></li> </ul>
1:15-4:00	Team work and Problem Solving	Dependable Strengths	Dependable Strengths	Dependable Strengths	Opportunity knocks: Job Search Debriefing the week: conversation café, review portfolios

Additional Ideas:

- On-going communication with DSHS and ES staff
- Write up a summary for parents of the intention of the program and a schedule, should have contact info on it
- Posters on wall: Comfort Zone, Guidelines, Participation, Margaret Williamson quote, things from other modules
- Each parent has a portfolio to track all the work they have done and to share that work with their counselors and case managers
- Maintain a Library of resources in the room on all topics we cover as well as additional material
- Each day needs to start with some kind of engaging exercise for new parents entering to feel connected to the program and to connect with returning parents