



2022 Trainings & Offerings

Join Catalyst Community in our Trainings and Offerings for 2022 as we provide resources and strategies to deepen your knowledge in various areas of development, education and learning. Questions? Contact Carol Ledesma at 530.541.5848 or email clesma@catalystcomm.org

Trauma Informed Care

Strengthen resilience and expand your understanding of trauma with these series on Trauma Informed Care, Enhancing Caregiver Resiliency, and Historical and Intergenerational Trauma Series. Resiliency Partnership Group will also be offered to focus on strengths, challenges, and practices to promote resilience. These series will be offered virtually on Zoom.

Module 1, parts 1-3:

- Thursday, September 22, 6:30-8:30pm
- Thursday, October 27, 6:30 – 8:30pm
- Thursday, November 17, 6:30 – 8:30pm

Resiliency Partnership:

- Wednesday, October 12, 6:00 – 7:00pm
- Thursday, November 10, 6:00 - 7:00pm
- Thursday, December 15, 6:00 – 7:00pm

Active Parenting – English and Spanish

FREE English and Spanish Active Parenting classes. Active Parenting is a discussion and video program that will help parents learn skills that will create a more satisfying family life. Building a toolbox of skills will also help children achieve greater happiness and success. A free parent guide is included to participants.

Spanish Session: Ages 0-5 years

- Wednesday, September 21, 7:00 – 9:00pm
- Wednesday, September 28, 7:00 – 9:00pm
- Wednesday, October 5, 7:00 – 9:00pm

English Session: Ages 0-5 years

- Wednesday, October 19, 6:30 – 8:30pm
- Wednesday October 26, 6:30 – 8:30pm
- Wednesday, November 2, 6:30 – 8:30pm

English Session: Ages 5-12 years

- Wednesday, November 9, 6:30 – 8:30pm
- Wednesday, November 16, 6:30 – 8:30pm
- Wednesday, November 30, 6:30 – 8:30pm
- Wednesday, December 7, 6:30 – 8:30pm

Growing, Learning and Caring Partnership – For FFN & License Exempt Providers

An opportunity to explore the joys and challenges of providing care for family, friends, or neighbors. This is a forum for YOU to explore a topic, engage in discussion, and share ideas. Topics might include self-care, play & learning, communication, and self-employed business practices.

- Tuesday, November 15, 9:30-10:30am

Parent Café

Parent Cafés are a small, intimate setting where parents and caregivers have an opportunity to talk about their parenting successes and challenges, engage with others, share ideas and learn proven parenting tips and techniques.

- Tuesday, November 29, 6:30 – 8:00pm

Health and Safety Trainings

Health and Safety courses are California EMSA approved for Child Care Providers and accepted by Community Care Licensing.

Preventative Health Practices: must attend both classes to receive completion

- Tuesday, October 25, 9:00am – 1:00pm: Part 1
- Wednesday, October 26, 9:00am – 1:00pm: Part 2

CPR & First Aid: in-person training at our South Lake Tahoe office.

- Saturday, October 1, 8:00am – 4:30pm