



**Saturday  
March 21, 2009**

***Rancho Bernardo  
High School***  
13010 Paseo Lucido  
San Diego, CA 92128

8:00am-1:00pm

\$20 Registration fee

Free Parking



# Parent Education

## 25 Different Workshops Offered

Pre-k-high school parenting programs including:

- Kids Outings
- Nutrition for Busy Families
- Kids and Gardening
- Positive Parenting Techniques
- Effective Discipline
- Computer Safety for Families
- Money Management and Kids
- Pool Safety
- Parents and Young Athletes



**For Registration  
Go To:**

**[www.powayadultschool.com](http://www.powayadultschool.com)**

**or call:  
(858) 668-4024**

\$20 family registration fee allows one or both parents to attend the full day. Workshops will be offered at 3 times during the morning:

### AGENDA

- 1) 8:30-9:50am Break-out Session I
- 2) 10:00-11:20am Break-out Session II
- 3) 11:30-1:00pm Break-out Session III

8:00-8:20am Registration, Welcome and Morning Coffee

This is a morning of education programs for parents.  
No child care will be available.

Poway Adult School is  
part of the Poway Unified  
School District.