

ACCESS Adult and Family Learning

English as a Second Language

- 8 hours/week
- Students ages 18-80 years old
- Goals for learning English include pursuing higher education, advocating for their children, seeking employment, and becoming more self-sufficient.
- Themes: school, personal information, health, shopping, work, and community.

Citizenship

- Students practice for the naturalization exam by practicing reading, writing, and Civics.

Parenting

- For students with children ages 0-6.
- Discuss behaviors, attitudes, and beliefs about parenting young children.
- Learn strategies to acknowledge children's feelings, identify goals of children's behavior, encourage children, explore choices with children, and allow children to learn from the consequences of their actions.

Mental Health

Some topics include:

- "Introduction to Mental Health"
- "Social Media and TikTok Toxicity"
- "Venomous Vaping and the Terrible Tobacco Truth"
- "Nutrition: Feeding your Mind"
- "Suicide Prevention"
- "Motivation and Self-Discipline"

Financial Literacy

- Basic banking
- Credit
- Budgeting
- Buying a car
- Small business/entrepreneurship
- Identity theft

Sewing

- 3 hours/week
- Students complete several beginning-level sewing projects

Feeding, Eating, and Succeeding Together (FEAST)

For students who have children ages 2-6 years old

- "Roles and Responsibilities at Mealtimes"
- "Patience Works Better than Pressure"
- "Family Meals and Routines"
- "Kids, Sweets, and Treats"