

COMMUNITY EDUCATION

C A L E N D A R

MAY 2012



NO ONE KNOWS MORE ABOUT THE HEALTH AND SAFETY OF CHILDREN THAN MIAMI CHILDREN'S.

Miami Children's Hospital offers many unique programs and services to the community. Here are a variety of classes and programs on health and safety issues that benefit both parents and their children. We're here for the children and the community.

Hydration Station

Wednesday, May 9

2 p.m. to 3 p.m.

MCH Main Campus - Michael Fux Family Center

Although most people don't think of it as a nutrient, water is the most vital nutrient in your daily diet. Our brains are made up of 74 percent water. 75 percent of adults living in America are chronically dehydrated. This presentation will emphasize the importance of adequate hydration, and demonstrate how to create your own delicious flavored water. Sample taste tests will be available. Please call 305-662-8282 for more information.

Summer Splash

Saturday, May 19

10 a.m. to 1 p.m.

A.D. Barnes Park Swimming Pool

3401 SW 72 Avenue

Get ready for summer and join us for a fun-filled day! We will be offering interactive water activities for children of all ages, rescue and water safety demonstrations, life-guard attended swim time, splash zone fun for children 5 and younger and a hands on CPR demonstration. Wear your swim suit and bring towels! For more information please call 305-663-6854.

MIAMI
CHILDREN'S
HOSPITAL®



To access our speaker's bureau,
please call: 305-662-8282.

CPR Class

Wednesday, May 16 (English)

Wednesday, May 23 (Spanish)

6 p.m. to 8 p.m.

MCH Main Campus - Michael Fux Family Center

This course in Pediatric CPR teaches parents, grandparents and caregivers how to administer CPR to infants and children. Please call 305-662-8282 to register.

Teens 101—A Parenting Skills Group

Mondays

5:30 p.m. to 6:30 p.m.

This group for parents of teenagers will increase the understanding of the changes that occur during adolescence. Parents will learn techniques and strategies to increase teen cooperation and help develop and nourish a positive parent-teen relationship. For more information or to register please call 305-666-6511, ext. 6473 or ext. 8503.

Boys Will Be Boys

Mondays

This eight-week program for boys ages 7 to 10 helps with the development of skills and strategies necessary to transform mischief into manners and provides guidelines on how to follow rules and manage negative behaviors. For more information or to register, please call 305-663-8439, ext. 7255.

“Socialables”: A Social Skills Group for Children with Autism and Spectrum Diagnosis

Wednesdays

4 p.m. to 5 p.m. for children

5 p.m. to 6 p.m. for teens

Weekly group sessions for children and teens ages 5 to 13 with an autism spectrum diagnosis or general difficulties with social skills. Attendees will learn how to alleviate social anxiety, build new friendships and “find their voice” in today's world. For more information or to register please call 305-663-8439, ext. 7255.

Thoughts, Feelings and Coping Skills for Middle School-Aged Children

Wednesdays

5 p.m. to 6 p.m.

This group will help middle school-aged children learn new coping skills, develop positive self-esteem and increase communication skills. For more information to register please call 305-663-8439, ext. 7255.

Adolescent Depression/Anxiety Group

Wednesdays

4 p.m. to 5 p.m.

The goal of this support group is to foster coping skills to minimize high risk behaviors due to depression and anxiety. This group is open to adolescents between the ages of 13 and 17. Please call 305-663-8439, ext. 7255 for further information.

Headstrong Teens: A Group for Adolescent Girls Coping with Headaches

Thursdays

5:30 p.m. to 6:30 p.m.

This group will offer techniques and skills that contribute to better management of chronic headaches in a fun, interactive group environment. For more information or to register, please call 305-666-6511, ext. 6473 or ext. 8503.

Community Field Trips

Elementary school classes are invited for a tour of Miami Children's Hospital conducted by the Child Life Department. The field trip is designed for students in Kindergarten through third grade. Please call 305-666-6511, ext. 3845 for further information.

For more information on
available groups, please visit
www.mch.com/groups.

3100 S.W. 62nd Ave., Miami, FL | 305-666-6511 | www.mch.com | Community Education Department 305-662-8282

Miami Children's Hospital is a not-for-profit 501(c)(3) charitable organization.

MCH-HC201204_2314