



South Plains Community Action Association  
Head Start & Early Head Start Division  
**2022 – 2023 Parent Training Topics**

**September: 9/13/22 @ 2:30 PM**

**Introduction:** Personnel introduction and meeting.

**October: 10/11/22 @ 2:30 PM**

**Preventive Medical and Dental Health**

Importance of wellness exams and Head Start/EHS requirements.

**November: 11/8/22 @ 2:30 PM**

**Substance Abuse and Mental Health Training**

Recognizing signs of substance abuse and alcoholism. How to get help with substance abuse issues.  
What is Mental Health? How to discuss mental health related issues with teachers and other professionals.

**December: 12/13/22 @ 2:30 PM**

**Domestic Violence and Home Safety**

Recognizing signs of domestic violence, safety plans and where to get help. Safe and healthy homes.

**January: 1/10/23 @ 2:30 PM**

**Family Literacy**

Learning how to increase access to materials, services, and activities essential to family literacy development.  
Support parent's role as children's first teacher. Parent literacy training that leads to economic self-sufficiency and financial literacy.

**February: 2/14/23 @ 2:30 PM**

**Community Advocacy**

How do I make my community more responsive to my needs and interest?  
What resources are available in my community? How to use 211.

**March: 3/14/23 @ 2:30 PM**

**Nutrition**

Selection and preparation of food to meet family's needs. Food budgets and how to eat healthy on a budget.

**April: 4/11/23 @ 2:30 PM**

**Child Abuse Prevention and Sudden Infant Death Syndrome**

Children and families thrive when they have access to safe, stable, nurturing relationships and environments.

**May: 5/9/23 @ 2:30 PM**

**Transition**

Going to Kindergarten - children and their families learn about the new setting, build relationships, and experience continuity.