



TULSA PUBLIC SCHOOLS PARENT ACADEMY

**2022-2023
COURSE CATALOG - SEMESTER 1**

PURPOSE

The mission of the Parent Academy is to provide families with tools and skills to feel confident in supporting themselves and their families.

All sessions are **FREE** and offered in English and Spanish. Childcare and dinner are provided. Pre-Registration is required.

PARENT ACADEMY WILL FOCUS ON:

CHILD DEVELOPMENT

Sessions and activities that provide strategies for parents and caregivers to support their child's development.

PARENT ADVOCACY

Sessions for parents and caregivers to build their confidence in advocacy.

PERSONAL DEVELOPMENT

Sessions to address needs in family support, financial literacy, and mental health.



INTERESTED IN JOINING?

Sessions are **free** of charge and designed for parents and caregivers with students enrolled in Tulsa Public Schools.

Take these steps to join a session:

- Browse the catalog for session descriptions, dates, and locations
- Pre-register for a session by scanning the QR code or using the URL (link) below.
- Complete the registration form and select the session(s) you plan to attend
- Check your email for updates and more information after you register

REGISTER

tinyurl.com/ParentAcademyregister



For questions or assistance with registration contact:

- Cortni McGilbra at 918.925.1103 or mcgilco@tulsaschools.org (pre-k and kindergarten)
- LuShuna Blalock at 918.749.9665 or blalolu@tulsaschools.org (1st - 12th Grade)

A black and white photograph of a young girl with long dark hair, smiling at the camera. She is sitting at a table in what appears to be a classroom or library. In front of her is a blue cup and some papers. The background shows shelves filled with books and other classroom materials. The text "TABLE OF CONTENTS" is overlaid on the right side of the image in a large, bold, white font.

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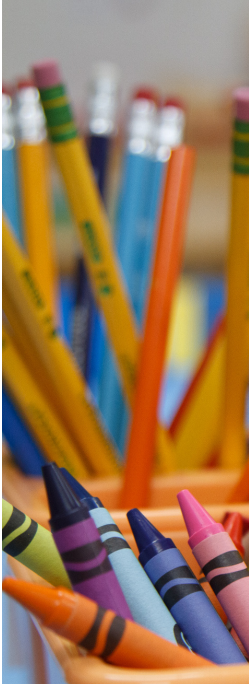
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OCTOBER 2022



**PARENT
ADVOCACY**

BECOMING AN ADVOCATE FOR YOUR CHILD

PRE-K & KINDERGARTEN

DESCRIPTION:

Develop skills to become an advocate and champion for your child's education. In this session, presenters will share information and resources with parents about how to advocate for their child at parent-teacher conferences, Individualize Education Plan (IEP) meetings, and in everyday life.

PRESENTED BY:

Early Childhood Team & Expectational Student Services Team

SESSIONS START:

DATE:

October 11th

LOCATION:

Parent Resource Center
525 E. 46th St. N, Tulsa, OK

TIME:

6:00 PM - 7:30 PM



DESCRIPTION:

Speakers will cover topics including navigating your student's IEP, the importance of attendance, and tracking your student's progress to successful graduation. The session will also cover social-emotional learning and ways to connect with school support.

PRESENTED BY:

Tulsa Public Schools Counseling Corps

SESSIONS START:**DATE:**

October 11th

LOCATION:

Parent Resource Center
525 E. 46th St. N, Tulsa, OK

TIME:

6:00 - 7:30 PM



NOVEMBER 2022

LITERACY

DESCRIPTION:

Learn how to support your child's reading development at home! In this session, parents and caregivers will learn the importance of developing strong early literacy skills and develop skills to support their child's reading development.

PRESENTED BY:

Reading Partners & Tulsa Educare Early Learning Works

SESSIONS START:**DATE:**

November 8th

LOCATION:

Parent Resource Center
525 E. 46th St. N, Tulsa, OK

TIME:

6:00 PM - 7:30 PM



WORKING TOGETHER TO END THE GAPS IN LITERACY

1ST - 12TH GRADE

DESCRIPTION:

Speakers will cover learning strategies and community connections to make learning fun and engaging.

PRESENTED BY:

A panel of speakers from Tulsa Public Schools and the community

SESSIONS START:

DATE: November 8th

LOCATION: Parent Resource Center
525 E. 46th St. N, Tulsa, OK

TIME: 6:00 - 7:30 PM



DECEMBER 2022



**SCHOOL
SAFETY**

DESCRIPTION:

Your child's health and safety are important! In this session, parents and caregivers will learn health and safety tips from community experts that will help you create a healthy and safe home environment for the entire family.

PRESENTED BY:

Morton & Tulsa Fire Department

SESSIONS START:**DATE:**

December 13th

LOCATION:

Parent Resource Center
525 E. 46th St. N, Tulsa, OK

TIME:

6:00 PM - 7:30 PM



DESCRIPTION:

The Parent Resource Center invites parents to learn more about keeping students safe in schools and the community. Tulsa Police Department will have open conversations and topics that will include social media safety, bullying, vaping, and drug use. In addition, open dialogue with speakers representing local and county Law-enforcement agencies is welcome.

PRESENTED BY:

Tulsa Police Department Community Unit

SESSIONS START:

DATE: December 13th

LOCATION: Parent Resource Center
525 E. 46th St. N, Tulsa, OK

TIME: 6:00 - 7:30 PM



TULSA PUBLIC SCHOOLS PLANNING GUIDE

Please use this planner to decide which classes you would like to attend or which resource you'd like to utilize in the future.

COURSE TITLE	DATE	TIME
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COMMUNITY RESOURCE	CONTACT INFO	TIME
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KEEP AN EYE OUT FOR THE SEMESTER 2 CATALOG COMING IN NOVEMBER.



ADDITIONAL RESOURCES

ENROLL TODAY!

WE OFFER VARIOUS OPTIONS TO ENROLL:

ONLINE:

Go to TulsaSchools.org/enrollment to complete an application

ENROLLMENT CENTER:

Located at 2819 S. New Haven Ave.
Open Monday, Tuesday, Thursday, and
Friday from 8 a.m. – 4 p.m.

OFFICE HOURS:

Go to TulsaSchools.org/pre-k to look for our enrollment events and office hours.

Pre-K is free to all eligible students who are four old on or by September 1st!

WHAT IS REQUIRED FOR ENROLLMENT?

PLEASE SUBMIT THE FOLLOWING:

- Your child's birth certificate
- Your child's immunization records
- Proof of address in the parents' or legal guardians' name.
- Parent or guardian identification
- Student's Individualized Education Plan (IEP) and 504 Plan (if applicable)



Questions about Enrollment?

Call 918.746.7500 or email enroll@tulsaschools.org or earlychildhood@tulsaschools.org

The Parent Resource Center is a welcoming, empowering, and engaging community space for all Tulsa Public School parents and families. The Parent Resource Center provides continuous and meaningful services, educational opportunities, and resources for parents to support their children from conception to their middle and high school years to prepare for college, careers, and life. We utilize a collaborative and holistic approach with family engagement, community involvement, and support services to address children and families' social, educational, and emotional needs.

SERVICES AVAILABLE:

- English as a Second Language Services
- Workforce Development
- Mental Health Services
- Financial Empower Center
- Emergency Infant Services
- Computer labs
- Enrollment Services
- ConnectFirst
- BEST
- Parent Academy Sessions

Questions?

Call 918.746.9665

Email LuShuna Blalock (blalolu@tulsaschools.org) or Marla Mayberry (MaybeMa@tulsaschools.org)



COUNSELING AND PSYCHIATRIC SERVICES

COUNSELING & RECOVERY SERVICES

Phone: 918-492-2554

Address: 7010 S. Yale Ave Ste 215, Tulsa, OK 74136

Website: crsok.org

Hours: Mon, Wed, Fri 8 AM-5 PM, Tues, Thurs 8 AM- 7 PM

Provide mental health, physical health, and wellness care coordination and services for kids, teens, young adults, and their families. Assess, diagnose, treat and provide support, regardless of a family's ability to pay. Outpatient Services for ages 4 to 18.

YOUTH SERVICES OF TULSA

Phone: 918.587.1300

Address: 311 S. Madison Avenue, Tulsa, OK 74120

Website: yst.org

Contact: Jennifer Patchett, 918.382.4443 or jpatchett@yst.org
Offer individual and family counseling, fees are determined on an income-based sliding scale. Also, offer LGBTQ+ services for youth to receive support and education to build confidence.

LAUREATE PSYCHIATRIC CLINIC AND HOSPITAL

Phone: 918.481.4000

Address: 6655 S. Yale Ave, Tulsa, OK 74136

Website: saintfrancis.com/laureate

Hours: Mon. to Fri. from 8 am to 5 pm

Offers mental health treatment services, outpatient, and hospitalization available; please call to schedule an appointment.

OSU-TULSA COUNSELING CENTER

Phone: 918.594.8568

Address: 700 N. Greenwood Ave, Tulsa, OK 74106

Website: tulsa.okstate.edu/counselingcenter

Hours: Mon. to Thurs. from 9 am to 8 pm and Fri. 9 am to 5 pm

Serves children over the of 15 and adults. Offers individual, family, couples, and group counseling. Call for a phone intake. Fees are based on a sliding scale system, determined by yearly income and how many residents live in the home.

COPES (COMMUNITY OUTREACH PSYCHIATRIC EMERGENCY SERVICES)

Phone: 918.744.4800

Address: 1055 S. Houston Ave, Tulsa, OK 74120

Website: fcsok.org/services/crisis-services/

Hours: 24 hours/day

Provide Mobile mental health outreach, teams of mental health providers can assess situations and provide support for children or adults in need of crisis services.

FAMILY & CHILDREN'S SERVICES

Phone: 918-587-9471

Address: 650 S. Peoria Ave, Tulsa, OK 74135

Website: fcsok.org

Behavioral health care and family services for people of all ages in Tulsa heal traumatized and hurting children, individuals and families and provide recovery for those battling mental illness.

COUNSELING AND PSYCHIATRIC SERVICES

LAUREATE PSYCHIATRIC CLINIC AND HOSPITAL

Phone: 918-481-4000

Address: 6655 S. Yale Ave, Tulsa, OK 74136

Website: saintfrancis.com/laureate

Hours: Monday-Friday, from 8:00 am to 5:00 pm.

Offers mental health treatment services, outpatient, and hospitalization available; please call to schedule an appointment.

MENTAL HEALTH ASSOCIATION

Phone: 918-585-1213

Address: 5330 E. 31st St, Tulsa, Oklahoma 74135

Website: mhaok.org/mental-health-assistance-center

Email: info@mhaok.org

Hours: Monday-Friday 8:30 am– 5:00 pm.

The resource referral line finds referral options for individuals, including how to access services such as housing, mental health screenings, and recovery programs.

DAYBREAK FAMILY SERVICES

Phone: 918.561.6000

Address: 1516 S. Boston Ave Ste 1, Tulsa, OK 74119

Email: info@daybreakok.com

Website: daybreakfamilyservices.com

Hours: Monday-Friday, from 8:00 am to 5:00 pm.

Offers mental health services for individuals, families, and children. They specialize in providing services directly in the home or in the schools. Some clinicians are available on the weekends.

OKLAHOMANS FOR EQUALITY (OKEQ)

Phone: 918-743-4297

Address: 621 E. 4th St, Tulsa, OK 74120

Email: center@okeq.org

Website: okeq.org/counseling-services

Programs and resources listed on their website include counseling, support groups for youth, and parent support groups

PARKSIDE

Phone: 918-588-8888

Address: 1239 S Trenton Ave, Tulsa, OK 74120

Website: parksideinc.org

Provide outpatient services for children, teens, and adults. Also, provide hospitalization and residential care—facility open 24hrs.



CHILDREN & PARENT RESOURCES

THE PARENT CHILD CENTER

Phone: 918-599-7999

Address: 1421 S Boston Ave, Tulsa, OK 74119

Website: parentchildcenter.org

Provide counseling services for adults, children, and families; additionally, provide educational programs for parenting programs for parents or caregivers.

EMERGENCY INFANT SERVICES

Phone: 918-582-2469

Address: 222 S Houston Ave. Tulsa, OK 74127

Website: eistulsa.org

Hours: Monday through Friday 9AM-2:30PM

Provides needs of infants and children five and under (such as formula, milk, food, diapers, medicine, and clothing) whose families are in financial crisis.

JAMES MISSION (RESOURCE CENTER)

Phone: 918-895-8733

Address: 2608 W. Kenosha St, Box 752, Broken Arrow, OK 74012

Website: jamesmission.org

Provide children's clothing and food to families in need.

CHILD ABUSE NETWORK (CAN)

Phone: 918-624-0200

Address: 2829 South Sheridan Rd., Tulsa, Oklahoma 74129

Website: childabusenetwork.org

Offer intervention services for child abuse victims; provide forensic interviews, medical evaluations, mental health services, and case management.

CHILD CARE RESOURCE CENTER (COMMUNITY SERVICE COUNCIL)

Phone: 918-585-5551

Address: 16 E. 16th Street, #202 Tulsa, Oklahoma 74119

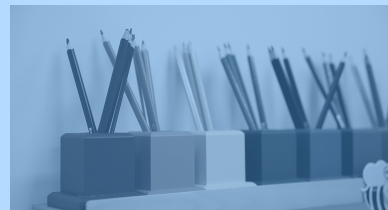
Website: csctulsa.org/ccrc

Email: info@csctulsa.org

HOURS: 8:30 am – 5:00 pm, Monday– Thursday 8:30 am – 4:00 pm, Fridays

Offers child care resources and referral services to families, child care providers and community.





TULSA PUBLIC SCHOOLS PARENT ACADEMY