

Scope of Work

December 17, 2020

Catholic Charities of Santa Clara County will conduct 1 series of 4 workshops in Spanish via zoom February-March on the subject: **Social Emotional Learning for Youth** and 1 series of 5 Health and Wellness Zumba classes.

Coronavirus disease (COVID-19) can affect adolescents directly and indirectly. Besides the threat of becoming infected or their loved one losing their life to COVID 19, losing income, housing, and the challenges of dealing with online learning has left many adolescents' not in the mindset of learning. The social, emotional and mental well-being of youth and their families has been drastically impacted. Trauma faced at this developmental stage may have long-term consequences across their lifespan with the increase of Adverse Childhood Experiences (ACEs). CDC's COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being can help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental challenges and helping to ensure their well-being.

Social Emotional Session Topics:

Session 1 Family Communication

Session 2 Monitoring

Session 3 Head to Toe Model

Session 4 Assertive Positive Discipline

This program is designed for parents to acquire the knowledge and skills they need to create better communication with their children and the school.

- Gives appropriate tools for parents to reinforce skills in communication in their children so that they practice healthy relationships during education distance
- Provides parents with the ability to know, explore and reinforce "Monitoring Parents."
- It allows parents to reflect, reaffirm and model the values that they would like their children to adopt
- Gives parents the tools to implement positive discipline
- Provides information on community resources
- Provide raffles and incentives
- Social Emotional Development within the Each Relationships
- Strategies to Support Social Emotional Development
- Understanding Behavior: A Relationship Based Approach to Challenging Behavior

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Goals: To provide parents/caregivers the tools to identify social emotional cues of children/youth in their care. Identify teachable moments to best handle relationships between parent/caregiver and youth. Improve communication between caregiver and youth.

Objectives/deliverables:

The focus of the series is **Social Emotional Learning for Young Children** and Health and Wellness Zumba classes.

Title	Description	Number of Hours
Activity 1- Pre-Visits and Outreach	CCSCC staff will communicate with migrant staff to register participants. One site visit if possible for outreach, introduction calls to each participant. Youth connection calls.	6hrs \$2,891.50
Activity 2- 4 workshops for parents	Session 1 Family Communication Session 2 Monitoring Session 3 Head to Toe Model Session 4 Assertive Positive Discipline	16hrs 1.5 FTE (2 hrs per workshop, 2 hours prep per workshop) \$5,204.70
Activity 3- Virtual Zumba	Once a week Zumba for 5 weeks, connection calls with participants. Integration of Capacitar Trauma Practices	12hrs 1 FTE (1 Hour class, 1 hour prep per class) \$4,799.80