



Mt. San Antonio College
Parent Institute

Wednesday, Feb. 15, 2023



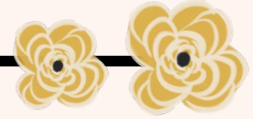
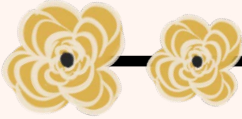
**PARENT
INSTITUTE**
MT. SAN ANTONIO COLLEGE

Unstoppable!



Agenda

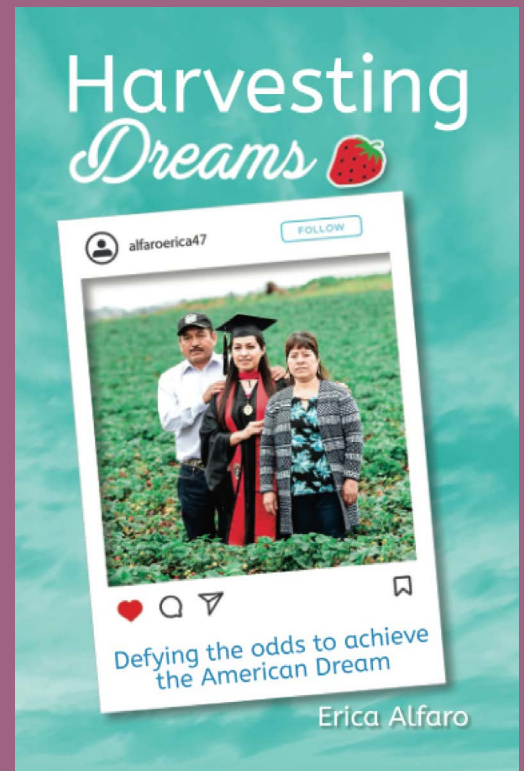
Wednesday, February 15, 2023



8:30 am - 9:30 am	Check In & Continental Breakfast
9:30 am - 9:45 am	Opening & College Welcome Dr. Koji Uesugi, Dean of Student Services
	Land & Labor Acknowledgment Rachele "Ro" Tate, EOPS Student Parent
	Introduction of Keynote Speaker Maria Hernandez Figueroa, EOPS/CARE Coordinator
9:45 am - 10:30 am	Keynote Speaker Erica Alfaro
10:30 am - 10:35 am	Overview of the Day Ana Silvia Turcios, CalWORKs Counseling Faculty
10:35 am - 11:00 am	Book Signing, DTC 13 Walkway
11:10 am - 12:05 pm	Workshop Session A
12:05 pm - 12:50 pm	Networking Lunch, DTC 13 - Outdoor Canopies Resource Fair, DTC 13-1700 Outdoor Walkway Book Signing continued, DTC 13 - Inside
1:00 pm - 1:55 pm	Workshop Session B
2:05 pm - 3:00 pm	Workshop Session C
3:10 pm - 3:30 pm	Closing Yvonne Marquez, Mt. SAC & UC Riverside Alumnus
3:30 pm	Final Remarks Dr. Julie Marquez, Director of EOPS/CARE

Keynote Speaker

Erica Alfaro



Erica Alfaro is an award-winning author, keynote speaker, and education advocate. Her story became known in 2019 when her graduation pictures went viral and made headlines around the world. She was featured in major media outlets such as CNN, The Huffington Post, and Yahoo News. Erica was a high school dropout, a teenage mother, and a victim of domestic violence who, after many adversities, managed to reinvent herself and become the woman she is today – someone who has achieved everything she thought was impossible. She is the author of *Harvesting Dreams*, which won the most inspirational young adult category for the 2022 International Latino Book Awards.

Erica Alfaro will have a book signing opportunity at 10:35 am - 11:00 am and again at 12:05 pm - 12:50 pm.



Workshops



Workshop 1: Parent Like You Mean It!

Yolanda Haro (Room 12-1060)

Workshop Session A - 11:10 am - 12:05 pm

Workshop 2: Psychology of Money

Lisa Amos (Room 13-1245)

Workshop Session C - 2:05 pm - 3:00 pm

Workshop 3: I Am Not Alone! Building and Maintaining a Student Parent Community to Help You Succeed in College

Perla Partida (Room 12-1060)

Workshop Session B - 1:00 pm - 1:55 pm

Workshop Session C - 2:05 pm - 3:00 pm

Workshop 4: Parent Connect: Who Am I?

Rachele Tate (Room 12-1080)

Workshop Session C - 2:05 pm - 3:00 pm

Workshop 5: Managing Behavior: How to Get Your Child to Behave and Think It Is Their Idea

Dr. John Pellitteri (Room 12-1080)

Workshop Session A - 11:10 am - 12:05 pm

Workshop Session B - 1:00 pm - 1:55 pm

Workshop Details

Parent Like You Mean It!

Workshop Pillars: Parenting Identity; The Art of Parenting

Parenting is a spiritual undertaking that requires acknowledgment and acceptance of reality. It is a spiritual ministry that begs that we explore and grow in heart and soul. Through this ministry, we clarify our value system, norms and mores, and vision for ourselves and our children. This parenting journey also involves challenges, problem-solving, overcoming one's own feelings, and negotiating "unmet expectations." This workshop will help you own your parental identity and move forward in a confident manner. You'll have an opportunity to define your mission and create a vision board that depicts your dreams as a person and a parent. We will discuss tools that support good parenting skills and ways to develop yourself. Additionally, we will explore ways to create a great support system of friends, family, and a spiritual community.



Workshops



Workshop 6: Effective and Compassionate Discipline Techniques

Dr. Linda Rillorta (Room 13-1245)

Workshop Session A - 11:10 am - 12:05 pm

Workshop Session B - 1:00 pm - 1:55 pm

Workshop 7: Paint Your Purpose

Giovanni Rodriguez (Building 9C Stage)

Workshop Session A - 11:10 am - 12:05 pm

Workshop Session B - 1:00 pm - 1:55 pm

Workshop 8: It's Not Just You Transferring to a University: Tips to Prepare You and Your Family When Transferring to a University

Barbara Carrillo (Room 12-1020)

Workshop Session C - 2:05 pm - 3:00 pm

Workshop 9: Living Your Dream - How to Follow Your Heart When It Feels Like It's Too Late

Yvonne Marquez (Room 12-1020)

Workshop Session A - 11:10 am - 12:05 pm

Workshop Session B - 1:00 pm - 1:55 pm

Psychology of Money

Workshop Pillars: Purpose and Self Discovery; Strength in Community

Managing our money is about so much more than just strategies. Our money messages, mindsets, behaviors, and thoughts impact how we manage our money and plan for our financial futures.

I Am Not Alone! Building and Maintaining a Student Parent Community to Help You Succeed in College

Workshop Pillars: Strength in Community; The Power of Networking

This is an interactive workshop aimed at helping student parents network with other parenting students and, more importantly, establish and maintain a parenting community to succeed as parenting students. Firsthand testimony of the power of creating and maintaining a parenting community will be shared, as well as strategies, initiatives, and resources/programs here at Mt. SAC that can help with this process.



Workshop Details

Parent Connect: Who Am I?

Workshop Pillars: Purpose and Self Discovery; The Power of Networking

This workshop is to revisit our life's purpose. It will help us remember why we get up in the morning, why we make decisions, and what influences our behavior as students and parents. We will recite positive affirmations as a community and in agreement through guided discussion.

Managing Behavior: How to Get Your Child to Behave and Think It Is Their Idea

Workshop Pillars: Parenting Identity; The Art of Parenting

This workshop will introduce parents to the principles of operant conditioning and explore how to use communication to build relationships and encourage emotional growth. Participants will learn to use active listening techniques to communicate better with their children and explore the reasons for unwanted behavior.

Effective and Compassionate Discipline Techniques

Workshop Pillars: Parenting Identity; The Art of Parenting

This workshop explores various discipline alternatives to spanking a child. Participants will learn the effects of different discipline techniques and how to implement the discipline methods. Communication techniques will also be discussed.



Paint Your Purpose

Workshop Pillars: Purpose and Self Discovery

Painting has the ability to help one recharge through creativity and reflection. Decorating your space with purposeful art can create reaffirming environments. Let's explore symbolism and color theory to create something you can take home with you. Even if you have never painted before, come on by and see where your creativity takes you.

It's Not Just You Transferring to a University: Tips to Prepare You and Your Family When Transferring to a University

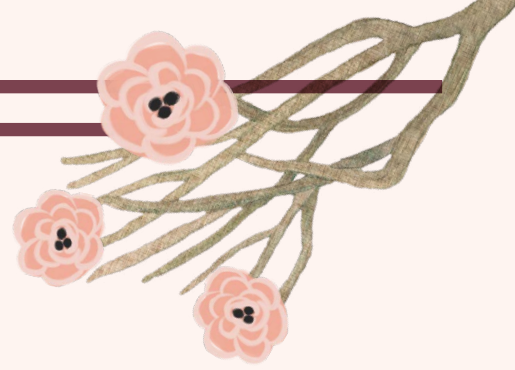
Workshop Pillars: Purpose and Self Discovery; The Power of Networking

Come to this workshop to explore things to consider when transferring and the impact it will have on you and your family. We will discuss factors such as cost of living, climate, a safe environment for you and your family on and off campus, school district your child will be attending, transportation and logistics, laws and policies in the area, fitting in and feeling welcomed at the new school and new neighborhood. All these items should be considered when getting ready to transfer because they can have an impact on your studies and family life. I will provide attendees information, list resources showing them what to look for and what to keep in mind when selecting the next school they plan on transferring to by creating a toolkit that can help them with their decision making when planning on transferring, whether it is local or far.

Living Your Dream - How to Follow Your Heart When It Feels Like It's Too Late

Workshop Pillars: Purpose and Self Discovery

As parenting students, we often put the practical in front of the imaginable and limit what our future can look like. In this workshop, Yvonne will share how she followed her love of history and how it shaped her purpose and future. Participants will engage in conversation and participate in a personality test called True Colors.



Workshop Facilitators





Yolanda Haro (She/Her) **Coordinator of Programs/Projects, Counseling**

Yolanda was born in Zacatecas, Mexico and raised in California since the age of six. She was an ESL student who started working at age 15. She is an alumna of Duarte High, UCLA and SIT, a private university in Vermont where she earned an MA. At age 36, Yolanda gave birth to her son on a rainy late December day. As a single mother, she raised her son through many challenges, but she learned how to navigate her journey and feelings. Since then, she started Impacto Leadership, a training and consulting business. She has also worked in Fortune 500 companies, healthcare, financial, and higher education fields. Yolanda is a proud mother of a young adult man who is attending Mt. SAC and planning to transfer to a UC campus. She is married and “mothering” five young men in a blended family. Her journey wasn’t easy, but it was definitely worth it!



Lisa Amos (She/Her) **MMMC Faculty Coordinator and Professor of Family and Consumer Studies**

Lisa Amos is a Professor of Family and Consumer Studies at Mt. SAC. Lisa created the Mountie Money Management Center (MMMC) and currently serves as the Faculty Coordinator. She is passionate about working with students related to financial education. In addition to hosting workshops and working with students in financial counseling sessions, she teaches FCS 80/ Personal Financial Planning and FCS 41/Life Management classes at Mt. SAC. The MMMC is funded through the Title V Grant at Mt. SAC.



Perla Partida (She/Her) **Transfer Specialist, Transfer Center**

Born in the city of Baldwin Park, Perla is a proud Mujer, a mother to her beautiful 9-year old daughter, Chicana, a first generation college student, non-traditional, low-income, and a parenting scholar. She started her higher education journey eight years after graduating from high school with a 4-month-old baby and working full-time. Perla quit her full-time job so she could concentrate on school, work on campus, and focus on her daughter. While at Mt. SAC, she was part of the ACES TRiO program, CalWORKs, EOPS/CARE, and the Honors Program. Three years later, she successfully transferred to UCLA with her daughter and earned a bachelor’s degree in Chicana studies with a minor in Education. She then pursued her master’s degree in Educational Counseling at USC and graduated in 2021. Currently, Perla is a Transfer Specialist at the Mt. SAC Transfer Center.



Rachele Tate (She/Her)

CARE Program Student Assistant

Rachele “Ro” Tate is a 2nd year at Mt. SAC. It has been an amazing experience for her. She is a part of EOPS, Umoja/ASPIRE, ACCESS, and the Honor Program. Ro has two children, a 21 and 12 year old. Her major is Sociology and Psychology, with a minor in Art Therapy. Ro’s goal is to have her own Art Studio to help people heal through various art mediums. She is passionate about art and its ability to heal the whole person. She loves working in her patio garden and signing to her plants. Ro’s favorite artist is Bob Ross and one of his quotes that she likes to live by is, “We don’t make mistakes, just happy accidents.”



Dr. John Pellitteri (He/Him)

Professor of Psychology and Licensed Psychologist

Dr. John Pellitteri is a licensed and board-certified clinical psychologist with master’s degrees in marriage and family therapy and clinical psycho-pharmacology. He also has earned a master’s degree and a doctorate in clinical psychology. He has a post-doctorate certificate of specialization in neuropsychology. Dr. Pellitteri has been in private practice for over 20 years, offering services to children, families, and adults. He lives in Rancho Cucamonga with his wife and three kids.



Dr. Linda Rillorta (She/Her)

Professor of Sociology

Dr. Linda Rillorta earned a Ph.D. from the University of Southern California. She is a full-time Sociology Professor at Mt. San Antonio College. While at Mt. SAC, Dr. Rillorta has been awarded several honors, including; Education of Distinction, Honors Professor of the Year, Women Inspiring Women Award, and Certificate of Excellence in Student Support. She also received the Pacific Sociological Association Distinguished Contributions to Teaching Award. She has written the book “Journeys to Success: Stories of Extraordinary Students of Mt. San Antonio College,” which she hopes will give hope and motivation to Mt. SAC students who have experienced similar obstacles as the ones presented in the stories. Dr. Rillorta is the mother of two wonderful children who are now successful adults.



Giovanni Rodriguez (He/Him)

Director, El Centro

Gio was born and raised in San Francisco/Bay Area to hard working immigrant parents. Gio is a non-traditional student who is a proud product of the community college system. He understands and respects the various journeys people take to reach their goals, including education. He uses his undergraduate degree in Art and Master's in Education to explore identity, diversity, and community building. Gio has worked within Student Housing and Leadership at Cal State LA and Cal State Fullerton. He served as an advisor to Associated Students at Mt. SAC for seven years and is the first Director of El Centro, our Latine Resource Center at Mt. SAC.

Barbara Carrillo (She/Her)

Administrative Specialist IV, Student Life

Barbara is a former single parent who attended community college as a first-generation and non-traditional student. She worked full-time and attended evening and night classes part-time while attending CPP. Barbara missed out on many campus activities and support programs. She wishes she had the support, knowledge, and mentorships to guide her throughout the transfer process. She was scared and unequipped to go farther than her county and attend her dream school because of her responsibilities as a parent. Six years later, Barbara made the best of the situation and graduated from Cal Poly Pomona with a bachelor's degree in Business Administration.



Yvonne Marquez (She/They)

Mt. SAC Alumnus & Student Support Specialist, UC Riverside Women's Resource Center

As a non-traditional, parenting, first-generation, and low-income transfer student, Yvonne is a proud alumnus of Mt. SAC, where she earned an AA in Social & Behavioral Sciences and an AA-T in History. She transferred to UC Riverside and earned her BA in History and Feminist Studies. Yvonne is a community organizer with the Community Action Teams (CAT) 911, where they use a framework of Transformative Justice to create a world governed by principles of mutual respect, interrelatedness, and reciprocity rather than violence, domination, and disposability (cat-911.org). At UC Riverside, Yvonne is also serving as the Student Support Specialist in the UCR Women's Resource Center to provide a safe space for all students to address gender issues, connect with campus safety programs, access sexual assault and domestic violence support, take on key leadership roles, and develop a sense of empowerment (wrc.ucr.edu).





Campus Map

[Interactive link to Campus Map](#)

1100 N. Grand Ave. Walnut,
CA 91789,
(909) 594 - 5611



Areas of Importance

Check-In - Building 13 Walkway

Main Session / Workshops - Building 13 (Auditorium & Room 13-1245)

Building-12 (Workshops in Room 12-1020, 1060, & 1080)

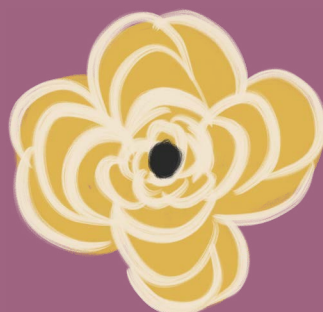
9C-Stage (Art Workshop)

Special Thanks to all Participants

Thank you for attending the second annual Mt. San Antonio College Parent Institute - Unstoppable, hosted by CARE and CalWORKs Program. We also would like to acknowledge the support and sponsorship of Associated Students. We hope you enjoyed today's experience. In an effort to create welcoming and supportive environments, we are committed to providing intentional programming for Mt. SAC's parenting students. **YOU BELONG HERE!**

Planning Committee:

Dr. Julie Marquez
Maria Hernandez Figueroa
An Ha
Ana Silvia Turcios
Anisa Alonso
Carlos Romero
Carolyn Lake-Bain
Claudia Ortiz
Yesenia Reyes
Heather Meltesen



The Parent Institute Committee would also like to thank all of those who have participated in the resource fair.

- El Centro de Ayuda
- Honors Program
- Student Life Office
- Mt. SAC Scholarship Program
- Transfer Center
- She is Hope, Los Angeles
- IBH Consulting
- ACCESS
- Deaf and Hard of Hearing Center
- Mt. SAC Tutoring Centers
- Mt. SAC Basic Needs Program
- Pomona Unified Child Development Center
- UCR Women's Resource Center
- Mt. SAC Health Services
- Mt. SAC Library
- UCLA Center for Community College Partnerships (CCCCP) for Parents
- Bureau of Victim Services
- Raise the Barr
- Rise Up Creatively
- Mountie Money Management Center

*Thank you for showing
your continued support!*



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Students please,
don't forget to scan
to take the survey.

