

Parent Night

Workshop Series

The Student Assistance Program is proud to present virtual workshops on Parenting in a Pandemic.

Workshops held every Monday

With the exception of Holidays

4:30p.m. - 5:30p.m.

Starting on February 1st – March 15th 2021

Join Zoom Meeting: <https://zoom.us/j/92637659754>

Meeting ID: 926 3765 9754

Topics include:

- **Healthy Boundaries**
- **Parenting and Virtual Learning**
- **Coping with Stress**
- **Self-Compassion and Positive Self Talk**
- **Build Your Child's Self-Esteem**

· **Daily Routines and Online Education Planning Tips**

Parent Night is an opportunity for parents to learn new ideas, revisit parenting tools, find out what is working for others parents, and gain resources to increase their parenting skills. Presentations are presented by Group Facilitators who focused on providing parents with quality tools and techniques. Each Parent is welcomed to hear the presentation, share their experiences, and brainstorm strategies to successfully work with their children to increase their self-esteem, create healthy relationships, and boundaries.

To join or learn more, please contact us!

Group Facilitators

Lamont Damon~ (909) 294-9243

Nancy Gerdes~ (909) 471-9766