

**Message from Ms. Brown, R.E.S.E.T School Social Worker**

As the School Social Worker for the R.E.S.E.T program, I would like to thank you for allowing us to service you and your student. The R.E.S.E.T team members are excited about our program offered through Richland County School District One which is designed to focus on improving student behaviors and social emotional well – being in grades K-5.

**Family First Virtual Workshops** – It has been our assessment from the pandemic through conversations and surveys with parents that virtual workshops are most convenient for parents to attend. We have noted that response and will continue to provide virtual workshops in an effort to gain increased parent participation. Participants in these sessions will obtain expert guidance and easy strategies to implement and adapt to your family. We understand that you are the experts when it comes to your family, so please take the information from these workshops and modify it to best accommodate your family’s goals.

Experience how virtual workshops can be just as engaging and effective as in person training when its participant centered. We will offer in person workshops throughout the year for those who can attend. All R.E.S.E.T parent(s) are invited to attend all parent workshops and are highly encouraged to attend **ONE SESSION** while your student is enrolled in the program. **The link to each session will be emailed respectively.**

Educationally Yours,

**Sherrell Brown, LMSW** **Kimberly Suber**

 **R.E.S.E.T School Social Worker R.E.S.E.T Program Coordinator**

 **Work Cell: 803-404-0566 Office: 803-735-3421**

**\*Parent(s) refers to the student’s guardian**

**R.E.S.E.T “Family First” Virtual Parent Sessions 2023 – 2024**

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| **Dates** | **Times** | **Topic of Discussion** | **Brief Description** |
| 10/3/2023 | 10:30AM – 11:30AM\*\*Virtual Session\*\*  | **Creating a Positive Home Environment**  | Participants will learn how routine, consistency and predictable environments create safety and resiliency for children.  |
| 11/7/2023 | 10:30AM – 11:30AM\*\*Virtual Session\*\* | **Healthy Communication with Children** | Emphasizes the importance of good communication skills in developing close positive and trusting relationships with your child.  |
| 12/5/2023 | 10:30AM – 11:30AM\*\*In Person Session with Virtual Option\*\***GUEST SPEAKER** | **Healthy snacks for Kids to perform at a high level Academically and Athletically**  | Participants will learn how various food can impact the mood and wellbeing of children and how excessive sugar intake increases risk of negative health outcomes and decreases memory and learning. Participants will observe 2 cooking demonstrations and will make an alternative healthy snack and beverage option.  |
| 1/9/2024 | 10:30AM – 11:30AM\*\*Virtual Session\*\***GUEST SPEAKER**  |  **Financial Literacy for Improved Financial Health** | Participants will obtain the ability to find, understand and use resources and information to help families make informed decisions about their personal finances.  |
| 2/6/2024 | 10:30AM – 11:30AM\*\*Virtual Session\*\* | **Children’s Love Languages**  | Emphasizes the importance of understanding how children’s interactions with their parents impact their ability to thrive |
| 3/5/2024 | 10:30AM – 11:30AM\*\*Virtual Session\*\* | **Understanding the Temperament of Children** | This session will facilitate joint understanding of how to best approach emotional, social and learning needs of the child – build stronger relationships between caregiver and child |
| 4/9/2024 | 10:30AM – 11:30AM\*\*Virtual Session\*\* | **Emotional Health** **For Parents** | Participants will learn how emotional health promotes better work life, productivity and the ability to cope with the stressors of everyday life |
| 5/7/2024 | 10:30AM – 11:30AM\*\*Virtual Session\*\* |  **What’s Your EQ****(Emotional Intelligence)**  | Participants will learn their own EQ and understand how it impacts relationships, reduces stress with others, defuses conflict and improves overall wellbeing.  |