



PARENT UNIVERSITY

Presented by ANDRUS Mental Health Division

A program to support parents in helping their children be successful in the school environment, at home, and in the community.

Workshops will be held via zoom each month over the course of the 2022–2023 school year.

Workshops will begin at 7:00 p.m.

Meeting ID 295 081 2583 Passcode: 112560

WORKSHOP TOPICS

- ♦ 9/19– POSITIVE PARENTING PRACTICES
- ♦ 10/25– CHILDREN'S SOCIAL EMOTIONAL DEVELOPMENT
- ♦ 11/21– MENTAL HEALTH AND WELLNESS
- ♦ 12/5– TOOLS TO HELP YOUR CHILD COPE WITH STRESS AND ANXIETY
- ♦ 1/31– EFFECTIVE COMMUNICATION
- ♦ 2/6– IMPLEMENTING LIMIT SETTING TO SUPPORT HEALTHY DEVELOPMENT
- ♦ 3/21– TOLERATING FRUSTRATIONS
- ♦ 4/13– PARENTING IN THE AGE OF TECHNOLOGY
- ♦ 5/25– STRESS MANAGERMENTS AND SELF CARE FOR THE PARENT
- ♦ 6/8– DRUG, ALCOHOL, TOBACCO, AND VAPING AWARE AND PREVENTION

