

PEBSAF PARENT UNIVERSITY

Craig Williams Elementary

Virtual Parents Workshops



Presented via Zoom Meeting ID: 878 2024 7091 **Password:** 556717

<https://us02web.zoom.us/j/87820247091?pwd=cFRtMnNNeWx6VnZDOTRRd1FJTnRVdz09>

Mindful Awareness	Date	Time
1. Mindful Parenting: Improving parent-teen relationships	04/21/2022	5:30 P.M.
2. How mindfulness supports teen mental health	04/28/2022	5:30 P.M.
3. How to improve communication	05/05/2022	5:30 P.M.
4. Improving emotional self-regulation	05/12/2022	5:30 P.M.
5. Managing stress with awareness and kindness	05/19/2022	5:30 P.M.
6. Classroom - based mindfulness	05/26/2022	5:30 P.M.
7. Raising empathetic teens	06/02/2022	5:30 P.M.
8. Fostering self-esteem + Parent Graduation Ceremony	06/09/2022	5:30 P.M.

Presented in English

Parent education workshops presented by

Parent Education Bridge for Student Achievement Foundation

www.pebsaf.org