

# SVEC Family Workshops

## 2nd Semester 2023-2024 school year

For more information contact: Amber Ortiz [ortiza@monroe.wednet.edu](mailto:ortiza@monroe.wednet.edu)

### Parenting Teens (ages 12-18)

*\*Seattle Children's First Approach Skills Training (FAST) Program*

**(4-sessions) Wednesday, February 7, 14, 21, 28 - 9:15am-10:15am, Room 7**

*This workshop provides training and support for caregivers of children 12-18 years old who want to work on family communication, dealing with emotions, improving family relationships and problem-solving around common issues such as homework and screen use. Every participant receives a workbook.*

### Addressing Challenging Behavior (ages 4-12)

**(4-sessions) Wednesday, February 7, 14, 21, 28 - 10:30am-11:30am, Room 7**

*All caregivers are welcome to this "book club and conversation" style workshop that will focus on positive parenting techniques (including discipline), child behavior problems (noncompliance, oppositional behavior, and poor self-regulation), and parent-child relational problems. Every parent will have access to a variety of books to choose from.*

### Parenting Youth with Anxiety (ages 7-18)

*\*Seattle Children's First Approach Skills Training (FAST) Program*

**(4-sessions) Wednesday, March 6, 20, 27, April 3 - 9:15am-10:15am, Room 7**

*This workshop provides cutting-edge exposure-based treatment options for anxiety in a brief, easy to use, workbook-guided format. Every participant receives a workbook.*

### Ala-carte Workshops for SVEC Families: 1:30-2:30 in the library

<b>February 7</b> Parent Advisory Committee in Rm7	<b>February 14</b> What is your homeschooling style?	<b>February 21</b> Homeschool Success Secrets	<b>February 28</b> Organizing Your Homeschool Student
<b>March 6</b> Parent Advisory Committee in Rm7	<b>March 13</b> My Toddler Makes it Impossible to Homeschool	<b>March 20</b> Homeschooling Multiple Grades	<b>March 27</b> Homeschooling When Life is Difficult
<b>April 3</b> Parent Advisory Committee in Rm7	<b>April 10</b> SPRING BREAK	<b>April 17</b> Help! I'm Homeschooling a High School Student	<b>April 24</b> But I can't teach Algebra!
<b>May 1</b> Parent Advisory Committee in Rm7	<b>May 8</b> STATE TESTING	<b>May 15</b> Making a Family Homeschooling Schedule	<b>May 22</b> Choosing and Pacing-Out Curriculum
<b>May 29</b> What Have We Learned Since Sept?	<b>June 5</b> Parent Advisory Committee in Rm7	<b>June 12</b> Last Day of Classes	