



# BUILDING STRONG FAMILIES

## Fremont Union High School District A Menu of Project Cornerstone Workshops

### Creating Caring Relationships

September 26, 2024

How do we express care and support our kids in ways that are meaningful to them? Using the research-based Developmental Relationships framework, learn how to connect and build trust to strengthen/expand relationships in our family, school, and community.

### How to Talk to Your Teen About Current Events

October 17, 2024

Tips for navigating potentially sensitive news topics. Learn about trauma associated with current events, protecting our students' mental health, improving family relationships, and gaining skills to recognize legitimate news sources.

### Meet Your Adolescent's Brain

March 6, 2025

What's happening during the "tween and teen" stage of development? How do drugs, technology, and sleep affect kids? Learn tips on how to support, interact, and connect with middle and high schoolers during this impactful time.

### Managing Stress and Fostering Resiliency

March 20, 2025

What is the difference between stress and anxiety? How do we manage it for ourselves and kids? Learn tips for self-care and communication with youth about healthy stress management. NOTE: We offer the opportunity to discuss suicide prevention with adults of middle and high school students.

#### Who Should Attend:

Parents, guardians, and caring adults of high schoolers

**Time:** 6:30pm - 8:00pm

**Location:** Zoom

#### Sign up here:

[tinyurl.com/FUHSD-PC](https://tinyurl.com/FUHSD-PC)

**Cost:** Free

#### Workshop Series Funded by:

Fremont Union High School District & Project Cornerstone

#### Contact:

[workshops@projectcornerstone.org](mailto:workshops@projectcornerstone.org)

