

# PARENT & FAMILY E N G A G E M E N T

VIRTUAL & IN-PERSON WORKSHOPS



FALL 2024 • SPRING 2025

FREE TO PARENTS & CAREGIVERS



**FAMILY ENGAGEMENT**  
EDUCATION SERVICE CENTER • REGION 20

**Mark your calendar to attend our Parent & Family Engagement\* trainings!**



**All of the sessions are free and most are presented in a hybrid format. You have the option to attend virtually or in person.**

**In-person sessions will be held at:**

Education Service Center, Region 20  
Frederick E. Maples, Jr. Conference Center, Building 6  
1314 Hines Ave., San Antonio, TX 78208

\*Note: Children ages 0-17 are not allowed to attend sessions at ESC-20.

**For Information**

**Claudia Irene Vargas**

Consultant, Family Engagement

[Claudia.Vargas@esc20.net](mailto:Claudia.Vargas@esc20.net)

(210) 370-5286

Education Service Center, Region 20

1314 Hines Ave., San Antonio, TX 78208

**Request an Interpreter**

Please call **(210) 370-5286** to request an interpreter at least 48 hours in advance.



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**Help with Registering**

If you need help accessing your account, please call Registration at **(210) 370-5671**, 8:00 a.m. to 4:30 p.m.

## AUGUST

### Getting a head start on Head Start

Thursday, August 15, 2024

9am-11am

[Session # 101228](#)

[Virtual session # 103474](#)

You received the notification of acceptance, now what? Join this session to become better equipped with the knowledge and tools necessary to give you a head start on Head Start and your child a head start on success! Learn about the next steps in the process and receive an overview of the different services offered in this program. Discover practical tips for fostering a supportive learning environment at home and engaging with your child's educators effectively. Don't miss this opportunity to gain the knowledge and confidence needed to make the most out of the Head Start program for your family.

### Adverse Childhood Experiences (ACEs)

Wednesday, August 28, 2024

9am-11am

[Virtual session # 103400 \(Zoom only\)](#)

In this session, we will discuss the impact of ACEs and how it transcends the traditional boundaries of health and human service systems. The first step toward healing comes with understanding the problem. Our words and our commitment are vital to the future we all want for our children. The goal of this session is to develop a common language and common understanding about how experiences shape our well being. (This session is repeated on 2/13/25.)



## SEPTEMBER

### I'm a Head Start Policy Council Rep. Now what?!

Tuesday, September 3, 2024

9am-11am

[Session # 102376](#)

[Virtual session # 103364](#)

This session will explore how parents' voices and perspectives guide decisions about the local Head Start program. Participants will gain valuable skills and strategies for effectively expressing their perspectives and ensuring their voices are heard during Head Start Policy Council meetings. Through interactive discussions, role-playing exercises, and practical guidance, parents will learn how to advocate for their priorities, contribute meaningfully to decision-making processes, and actively engage in shaping the direction of the Head Start program within their community.

### AS+K? About Suicide to Save a Life

Thursday, September 5, 2024

9am-11am

[Session # 102377](#)

[Virtual session # 103365](#)

Suicide prevention happens when people and communities come together. When we know what to look for, pay attention to those around us, and act when we see something, we will reduce the number of deaths by suicide. But where do we begin? Whether you are a professional, a worried parent, or a concerned friend, AS+K? training provides resources to help you learn the signs to look for, how to talk to someone about what they are feeling, and where to go for more help. The instructors have been trained by the Texas Suicide Prevention Collaborative. (This session is repeated on 5/14/25.)

### Knowing the Process Behind Your Child's IEP

Tuesday, September 10, 2024

9am-11am

[Session # 101150](#)

[Virtual session # 103366](#)

There is a seven-step process to creating standards-based Individualized Education Programs (IEP). Participants will become more familiar with the 7-step IEP process including data collection, present levels of academic achievement and functional performance (PLAAFP), goals, progress monitoring, and assessment.



## What Every Family Should Know About Autism

Thursday, September 12, 2024

9am-11am

[Session # 101151](#)

[Virtual session # 103367](#)

This training is an overview of Early Identification and Supporting Families of children with Autism Spectrum Disorder (ASD) and/or families with children who exhibit Developmental Delays indicating potential diagnoses. Participants who successfully complete this course will:

- Be able to identify signs and characteristics of children with ASD.
- Gain knowledge of recommended resources and programs for caregiver and individual support to increase quality of life. (This session is repeated on 2/11/25.)

## Navigating Special Education Through The Legal Framework

Tuesday, September 17, 2024

9am-11am

[Session # 101152](#)

[Virtual session # 103368](#)

Ever feel a bit overwhelmed with all the processes, procedures, and requirements that come along with having your child in school? You are not alone. Come learn more about a parent resource that is valuable in ensuring that parents have user-friendly access to this type of information. The Legal Framework is a very specialized type of resource. Its focus is on a special education process that is child centered. It offers an outline, and a shortened summary, of all the legal requirements that come from the federal level—applicable to all states—and those for the state of Texas. In this session, parents will learn about and explore the Legal Framework and Parent Resources available.

## Parent Cafés: Protective Factor--Resilience

Thursday, September 19, 2024

\*9am - 11:30am

[Session # 101155 \(In-person only\)](#)

During this session parents will be introduced and discuss parental resilience. Parenting is being strong and flexible. As parents, to deal with the stressors of life, we need to be strong, flexible, and we need to be able to bounce back when adversity hits. When we as parents are psychologically and emotionally healthy, we are better able to consider long-term solutions instead of just reacting to every situation as it comes up. This session is presented by community partner Rebecca Ulloa, the Early Childhood Systems Building Program Manager at University Health.

## Supporting Parents in the IEP Process

Tuesday, September 24, 2024

9am-11am

[Session # 101156](#)

[Virtual session # 103369](#)

Are you a parent navigating the educational journey of a child with special needs? Understanding the intricacies of the ARD (Admission, Review, and Dismissal) process and the procedural safeguards in place is crucial for ensuring your child receives the appropriate education and support they deserve. Join us for an informative and empowering parent training session designed to demystify the ARD process and empower you with the resources available to help protect your student's educational rights.

## Positive Behavior Supports in the Home

Thursday, September 26, 2024

9am-11am

[Session # 101157](#)

[Virtual session # 103372](#)

Parenting can sometimes feel like navigating a maze of behaviors, from the wonderful to the challenging. This workshop is ideal for parents, caregivers, and anyone interested in promoting positive behaviors and strengthening family relationships in the home. This session provides tools and strategies that enable and empower the family to clearly define, confidently teach, and consistently support their behavior expectations. Join us as we embark on a journey to create a positive and supportive home where every family member can thrive.

## OCTOBER

### Increased Desired Behavior in Home Routines

**Tuesday, October 1, 2024**

**9am-11am**

**[Session # 101158](#)**

**[Virtual session # 103374](#)**

Wish we could see more of what we want (and less of the hard stuff!)? Interested in creating smoother, more efficient home routines? There is a way! Whether you're dealing with resistance during morning routines or struggles with bedtime rituals, this workshop will provide practical strategies for increasing desired behaviors and making home life more enjoyable for everyone. Together, we can transform everyday tasks into opportunities for growth and connection. Join the conversation for research vetted strategies to increase desired behavior during routines/transitions at home!

### Parent Cafés: Protective Factor--Relationships

**Thursday, October 3, 2024**

**\*9am - 11:30am**

**[Session # 101159 \(In-person only\)](#)**

Parent Café is a welcoming space for small group conversations and connections. Meaningful interactive discussions about healing and growth within families are the core of the café. Parents share experiences and strategies to help families become stronger and resilient.

During this session parents will be introduced and discuss social connections. Parents need friends. When parents have positive, trusted friends in the community, they have a support system for meeting both practical and emotional needs. This session is presented by community partner Rebecca Ulloa, Program Manager at University Health.

### Introduction to Mindfulness: Helping Your Child Find Their Way to Calm

**Wednesday, October 9, 2024**

**9am-11am**

**[Session # 102378](#)**

**[Virtual session # 103378](#)**

In this session, we'll explore the essence of mindfulness and its profound benefits for children. Through enlightening discussions and practical examples, caregivers will gain insight into how mindfulness practices can enhance their child's emotional regulation, focus, and overall well-being. Discover effective strategies and techniques to incorporate mindfulness into daily routines at home, fostering a sense of calm and resilience in your child's life. Engage in hands-on station activities designed to deepen understanding and application, and don't miss our 'make and take' segment, where you'll craft personalized mindfulness tools to support your child's journey to inner peace. Join us in empowering your child with invaluable skills to navigate life's challenges while fostering a sense of peace and inner calm.

### Toilet Training Strategies

**Thursday, October 10, 2024**

**9am-11am**

**[Session # 101160](#)**

**[Virtual session # 103381](#)**

This training will focus on multiple toilet training strategies that will be dependent on your child's strengths and needs. You will learn how to set up the environment, awareness of sensory challenges and strategies and how to positively reinforce your child. At the end of this training, you will receive a toolbox with visual aids and toilet training sensory tools. The class focus is on individuals with autism but these strategies are helpful to all children. The session is presented by the Any Baby Can San Antonio organization. (This session is repeated on 1/23/2025.)

## Exploring Section 504

Monday, October 14, 2024

9am-11am

Session # 101161

[Virtual session # 103385](#)

What is Section 504? Who does it protect? What does a plan include? What rights do parents or guardians have under Section 504? How does my child get a plan or what can I expect if they have one? We are so glad you asked. Join us to explore these very topics and provide answers to these very questions. Let's explore Section 504 together.

## Bridging the Gap Between Disability and Instruction for Student Success

Thursday, October 17, 2024

9am-11am

Session # 101162

[Virtual session # 103389](#)

Join us for an engaging workshop focused on bridging the gap between a student's disability and effective instruction. In this session, parents and families will gain valuable insights into specially designed instruction and its pivotal role in meeting the diverse needs of students with disabilities, while learning how to advocate for personalized learning experiences that maximize their child's growth and development.

## What Parents Should Know About Artificial Intelligence

Tuesday, October 22, 2024

9am-11am

Session # 101163

[Virtual session # 103392](#)

Everywhere you turn in the news and social media, there are posts about Artificial Intelligence tools such as ChatGPT, Gemini and CoPilot. As a parent, what do you need to understand about the tools? How can you utilize them for your own purposes? What should you know when guiding your children? In this session we'll review key tools and questions to ask as a parent when utilizing Artificial Intelligence tools.

## Parent Cafés: Protective Factor--Knowledge

Thursday, October 24, 2024

\*9am - 11:30 am

Session # 101165 (In-person only)

During this session parents will be introduced and discuss knowledge of parenting and child development. Being a great parent is part natural and part learned. Children don't come with a manual. Parenting is a continuous learning process, and it's important to understand normal child development so that we can have reasonable expectations for our children. This session is presented by community partner Rebecca Ulloa, the Early Childhood Systems Building Program Manager at University Health.

## Transition 101

Tuesday, October 29, 2024

9am-11am

Session # 101166

[Virtual session # 103396](#)

Ready to prepare your adolescent for further education, employment, and independent living? This session will provide an understanding of how the IEP supports students with disabilities as they transition from school to post-school life. Whether you're a parent, educator, or service provider, this information will be invaluable in ensuring a smooth transition for students with diverse needs.

## Supporting Your Child's Learning With Technology Resources for Dyslexia

Wednesday, October 30, 2024

9am-11am

Session # 101167

[Virtual session # 103398](#)

The research is definitive regarding technology and instruction for students with dyslexia. When students have access to technology, their overall performance improves. Technology tools allow students with dyslexia to be equal participants in school-based learning experiences. Technology is not to take the place of direct and explicit instruction but when technology is successfully integrated we can build students up and allow them to work at their capability. This session will provide you with information on multiple assistive technology tools to support your child's learning.

## NOVEMBER

### Parent Participation in the REED Process: From REED to Evaluation

Thursday, November 7, 2024

9am-11am

[Session # 101169](#)

[Virtual session # 103401](#)

This professional development session focuses on the crucial role of parents in the special education process, particularly in the context of the Review of Existing Evaluation Data (REED). The session will explore the legal requirements and best practices for parent involvement in the REED process, aiming to foster effective collaboration between educators and families and build parent advocacy skills. (This session is repeated on 3/18/25.)

### MTSS, RTI, Alphabet Soup

Wednesday, November 13, 2024

9am-11am

[Session # 101170](#)

[Virtual session # 103403](#)

MTSS & RTI, all the letters and acronyms but what do they mean? Join us as we explore the recipe for this alphabet soup. This course will provide an overview of the MTSS and RTI framework. Learn more about the tiers that make-up the framework and overall, how they can benefit your child. If your child is receiving support through Multi-Tiered Systems of Support or Response to Intervention or if your child is experiencing academic or behavioral skill gaps, then this session is for you. Let's get to cooking, alphabet soup that is.

### Parent Cafés: Protective Factor--Support

Thursday, November 14, 2024

\*9 am - 11:30 am

[Session # 101171 \(In-person only\)](#)

Parent Café is a welcoming space for small group conversations and connections. Meaningful interactive discussions about healing and growth within families are the core of the café. Parents share experiences and strategies to help families become stronger and resilient.

During this session parents will be introduced and discuss concrete support in times of need. Everybody needs help sometimes, and families that can get help when they need it are able to stay strong and healthy. It is a sign of strength to ask for help when you need it. This session is presented by community partner Rebecca Ulloa, the Early Childhood Systems Building Program Manager at University Health.

### Let's Play & Learn Together! Supporting Mathematical Thinking for Young Children

Tuesday, November 19, 2024

9am-11am

[Session # 101172](#)

[Virtual session # 103405](#)

Let's Play and Learn Together at Home! This session is for families with 3 to 5 years old children. Join us as we actively learn how to incorporate mathematical thinking through play with your child at home. Participants will walk away with activities that support early academic success.



## My Child Doesn't Talk: The Next Steps--A Deeper Look Into Strategies to Support Early Language Development

Thursday, November 21, 2024

9am-11am

[Session # 101173](#)

[Virtual session # 103406](#)

This session will help parents learn about early language development & research-based interaction tips to help their young children to develop more language & thinking skills. In this session learners will:

- Increase knowledge & skills related to early language development.
- Explore their role in fostering an environment that promotes communication skills.
- Learn communication strategies to support language & communication in young children. (This session is repeated on 5/29/25.)

## DECEMBER

### A Parent's Guide to Family Reunification following a School Emergency

Tuesday, December 3, 2024

9am-11am

[Session # 101174](#)

[Virtual session # 103422](#)

As a parent, ensuring the safety and well-being of your child during a school emergency is paramount. Join us for an informative session designed to equip parents and guardians with the knowledge and tools to navigate the family reunification process with confidence and peace of mind. Key topics that will be discussed are notification systems, a reunification plan overview, and how to support your child during this time. This session will provide practical guidance and support to help parents navigate the challenges of family reunification following a school emergency. This session is presented by our community partner Larry Rodriguez from the San Antonio Office Emergency Management with the SA Fire Department.

## Harmonious Bonds: Engaging with Your Child Through Music and Fingerplays

Thursday, December 5, 2024

9am-11am

[Session # 101175](#)

[Virtual session # 103423](#)

Join us for an interactive and enriching workshop tailored to parents seeking to deepen their connection with their children through the universal language of music and the playful art of finger plays. Led by experienced early childhood educators, this session offers parents a unique opportunity to learn practical techniques and strategies to engage, entertain and bond with their little ones in a fun and meaningful way. (This session is repeated on 6/5/25.)

## Least Restrictive Environment: Exploring the Continuum of Services

Tuesday, December 10, 2024

9am-11am

[Session # 101176](#)

[Virtual session # 103424](#)

Support and services for our students with Individualized Education Programs (IEPs) look different during the school for each person based on that individual's needs. Please join us for this introductory session to the continuum of what special education may look like for students with IEPs including who, where, and when information. Being knowledgeable of these differences and the special education terminology that is used to describe supports and services will help caregivers positively contribute feedback as a member of the IEP Team when making educational decisions on the Least Restrictive Environment.

## Parent Cafés: Protective Factor--Communication

Thursday, December 12, 2024

[Session # 101177](#)

**\*9am - 11:30am (In-person only)**

During this session parents will be introduced and discuss their own experience on how they have helped their children communicate. Further expanding into the social and emotional competence of children. Children need to learn how to manage their emotions, express their needs and feelings, deal with conflict, and get along with others. When children can do these things, our jobs as parents become less stressful. This session is presented by community partner Rebecca Ulloa, the Early Childhood Systems Building Program Manager at University Health.



## Oral Language Development

**Monday, December 16, 2024**

**9am-11am**

**Session # 102380**

**Virtual session # 103426**

How can parents support oral language development in their emerging bilingual children? This informative workshop offers parents the tools and strategies necessary to foster their children's linguistic growth. We will explore the stages of oral language development in children who are learning two languages, highlighting important milestones and best practices to enrich their language acquisition. (This session will be presented in Spanish.)

## Self Determination: A Vital Skill to Prepare for Post-School Success

**Tuesday, December 17, 2024**

**9am-11am**

**Session # 101178**

**Virtual session # 103425**

In this session, we will explore strategies for navigating disability awareness, equipping participants with the knowledge and tools to embrace their abilities while navigating challenges. Through engaging discussions and practical insights, attendees will gain valuable perspectives on understanding self-determination to overcome barriers, advocate for themselves, and thrive in various aspects of life. Whether you are navigating your own journey or supporting someone else, this session offers invaluable guidance and empowerment for fostering resilience and achieving personal growth.

## JANUARY

### The Basics of Special Education for Parents

**Thursday, January 9, 2025**

**9am-11am**

**Session # 101182**

**Virtual session # 103427**

Participants will learn basic information about special education including the history of special education laws, types of disabilities, the Admission Review and Dismissal process, and types of classroom support. Parents will be provided with an overview of the essential components of the Special Education Process in schools.

## College, Career & Military Readiness: An Overview for Parents

**Tuesday, January 14, 2025**

**9am-11am**

**Session # 101183**

**Virtual session # 103428**

Preparing your child for their future endeavors requires planning and informed decision-making. This session is designed to provide parents with an overview of the pathways available to their children after high school, including college, career, and military readiness. By exploring each path's benefits, requirements, and potential outcomes, parents will gain valuable insights to support their child's postsecondary goals and journey towards success.

## Parenting With Purpose: A Series on Conscious Discipline for Families, Part I

**Thursday, January 16, 2025**

**9am-11am**

**Session # 101187**

**Virtual session # 103432**

This 4-part series is designed to equip parents with the tools and insights needed to create harmonious and nurturing relationships with their children through the principles of Conscious Discipline. Rooted in the latest research in neuroscience and child development, Conscious Discipline offers parents practical tools and strategies for fostering loving, respectful relationships with their children while promoting emotional intelligence, self-regulation, and resilience. Join us as we embark on a journey towards conscious, heart-centered parenting, where every interaction becomes an opportunity for connection, growth, and healing. (The dates for this series are: 1/16/25, 2/27/25, 4/24/25, and 6/18/25.)

## Nurturing Little Hands: Fine Motor Development Workshop for Families of Young Children

**Tuesday, January 21, 2025**

**9am-11am**

**[Session # 101185](#)**

**[Virtual session # 103430](#)**

Join us for an enriching workshop designed to empower families in supporting the fine motor skills of their young children. This hands-on workshop will equip families with practical strategies and engaging activities to enhance their children's fine motor development while providing take-home materials to continue the learning journey beyond the workshop.

## Toilet Training Strategies

**Thursday, January 23, 2025**

**9am-11am**

**[Session # 101186](#)**

**[Virtual session # 103431](#)**

This training will focus on multiple toilet training strategies that will be dependent on your child's strengths and needs. You will learn how to set up the environment, awareness of sensory challenges and strategies and how to positively reinforce your child. At the end of this training, you will receive a toolbox with visual aids and toilet training sensory tools. The class focus is on individuals with autism but these strategies are helpful to all children. The session is presented by the Any Baby Can San Antonio organization.

## Overview of Resources Available for Parents of Students Receiving Special Education Services

**Tuesday, January 28, 2025**

**9am-11am**

**[Session # 101184](#)**

**[Virtual session # 103429](#)**

In this session, parents and guardians will be introduced to the vast variety of resources available to parents of students receiving special education services. Whether you're just beginning the journey or seeking to enhance your existing support network, this session is tailored to equip you with the knowledge and tools necessary to navigate your child's educational journey in the complex landscape of special education.

## How to Raise Resilient Kids

**Thursday, January 30 2025**

**9am-11am**

**[Session # 101188](#)**

**[Virtual session # 103433](#)**

This empowering session is dedicated to exploring the essential components of resilience in children and how caregivers can cultivate this important trait. Through engaging discussions and real-life examples, participants will gain insights into what resilience means and why it's crucial for children's development. Discover practical strategies and techniques that caregivers can implement at home to foster resilience in their children, including promoting problem-solving skills, fostering a growth mindset, and encouraging healthy coping mechanisms. As part of our session, participants will also take part in a 'make and take' activity, crafting personalized resilience-building tools for home use. Join us as we equip caregivers with the knowledge and resources needed to raise resilient children who can thrive in the face of life's challenges.

## FEBRUARY

### NetSmartz Internet Safety

**Monday, February 3, 2025**

**9am-11am**

**[Session # 101189](#)**

**[Virtual session # 103434 \(Repeated on 4/22/25\)](#)**

Learn the latest statistics, online resources, and expert tips to educate, engage, and empower children to be safer online and offline. Contains age appropriate tips, thought-provoking discussions, as well as candid, practical advice. This session will be presented by the ChildSafe San Antonio organization.

## STAAR Supports: Unraveling Accessibility for Parents

Friday, February 7, 2025

9am-11am

[Session # 101190](#)

[Virtual session # 103435](#)

Are you ready to embark on an adventure exploring STAAR Supports? Join us for a thrilling virtual journey where families will uncover the secrets to maximizing accessibility for all students in classroom instruction and State of Texas Assessments of Academic Readiness (STAAR®). In this session, participants will navigate through a series of activities designed to familiarize them with key guidance documents from the Texas Education Agency (TEA). Prepare to decipher core components, unlock the latest accommodation policies, and engage in discussions about accessibility features benefiting students during instruction and testing.

## What Every Parent Should Know About Autism

Tuesday, February 11, 2025

9am-11am

[Session # 101191](#)

[Virtual session # 103436](#)

This training is an overview of Early Identification and Supporting Families of children with Autism Spectrum Disorder (ASD) and/or families with children who exhibit Developmental Delays indicating potential diagnoses. Participants who successfully complete this course will:

- Be able to identify signs and characteristics of children with ASD.
- Gain knowledge of recommended resources and programs for caregiver and individual support to increase quality of life.

## Adverse Childhood Experiences (ACEs)

Thursday, February 13, 2025

9am-11am

[Session # 101193](#)

[Virtual session # 103437](#)

In this session, we will discuss the impact of ACEs and how it transcends the traditional boundaries of health and human service systems. The first step toward healing comes with understanding the problem. Our words and our commitment are vital to the future we all want for our children. The goal of this session is to develop a common language and common understanding about how experiences shape our well being. (This session is repeated on 6/12/25.)

## When to Talk and When to Listen--It Takes two to Make a "Conversation" go Right!

Tuesday, February 18, 2025

9am-11am

[Session # 101194](#)

[Virtual session # 103438](#)

In the intricate dance of parenting, finding the right balance between talking and listening is crucial for fostering effective communication and building meaningful connections with our children. Come explore the delicate art of knowing when to speak and when to lend an attentive ear, creating a nurturing environment where both parent and child feel heard and understood. Practical strategies and insightful tips will be shared that empower parents to navigate conversations with their children with intentionality and compassion. From recognizing the cues for when our children need to talk to fostering an open and trusting space where they feel safe to express themselves, uncover the key ingredients for fostering authentic dialogue and deepening familial bonds.

## Organizing Your Family With Free Google Tools

Wednesday, February 19, 2025

9am-11am

[Session # 101195](#)

[Virtual session # 103439](#)

Calendars, Task and Keep can assist you in organizing your family and children's activities. Bring your own device (and Google account) to learn how to share, assign and create schedules and reminders that will work for all family members. From shopping checklists to shared appointments, from custom tasks (that can repeat) to location based reminders, learn how Google can assist you in organizing your family!

## What is Gifted and Talented? Demystifying the Identification Process

Thursday, February 25, 2025

9am-11am

[Session # 101197](#)

[Virtual session # 103440](#)

What exactly does it mean to be in Gifted and Talented Services in Texas? You may be surprised to know that many of the students who benefit the most from services have not been identified. In this session, we will explore what Gifted Services are in Texas and what the identification process can look like in your child's school. We will also talk about ways to communicate with your child's campus for equitable identification.

## Parenting With Purpose: A Series on Conscious Discipline for Families, Part II

Thursday, February 27, 2025

9am-11am

[Session # 101198](#)

[Virtual session # 103443](#)

This 4-part series is designed to empower parents with the tools and insights needed to create harmonious and nurturing relationships with their children through the principles of Conscious Discipline. Rooted in the latest research in neuroscience and child development, Conscious Discipline offers parents practical tools and strategies for fostering loving, respectful relationships with their children while promoting emotional intelligence, self-regulation, and resilience. Join us as we embark on a journey towards conscious, heart-centered parenting, where every interaction becomes an opportunity for connection, growth, and healing. (The dates for this series are: 1/16/25, 2/27/25, 4/24/25, and 6/18/25.)

## MARCH

### Understanding Autism

Tuesday, March 4, 2025

9am-11am

[Session # 101199](#)

[Virtual session # 103445](#)

This class introduces the Any Baby Can program and the series of courses that the Autism Program Offers. The Parent will learn how to recognize the most common areas of the Autism Spectrum diagnosis. Also, they will be able to understand how to best support their child by utilizing the community model. Parents are taught what the next steps are to take care of their child. The session is presented by our community partner the Any Baby Can San Antonio organization.

## Empowering Parents: Nurturing Your Child's Health from the Start

Wednesday, March 5, 2025

9am-11am

[Session # 101200](#)

[Virtual session # 103446](#)

Designed exclusively for parents, this session is dedicated to discovering the connections between physical health, oral care, and nutrition, as pivotal elements for ensuring your child's readiness for school. The focus is to equip parents with the essential knowledge and practical tools necessary to lay the groundwork for your child's lifelong well-being, all within the framework of the Head Start Approach. Together we will embark on a journey to understand your child's growth, unlock the power of nutrition, master the art of oral care, overcome common obstacles, and integrate newfound knowledge into your daily routines. Join us in laying the foundation for a lifetime of health supporting your child's overall development and success.

## Parent Participation in the REED Process: From REED to Evaluation

Tuesday, March 18, 2025

9am-11am

[Session # 101201](#)

[Virtual session # 103447](#)

This professional development session focuses on the crucial role of parents in the special education process, particularly in the context of the Review of Existing Evaluation Data (REED). The session will explore the legal requirements and best practices for parent involvement in the REED process, aiming to foster effective collaboration between educators and families and build parent advocacy skills.





## Navigating Inclusive Education: Understanding Supportive Practices for Parents and Families

Thursday, March 20, 2025

9am-11am

[Session # 101202](#)

[Virtual session # 103448](#)

Calling all parents and families to join us for an enriching session focused on understanding and advocating for inclusive education practices. Throughout our time together, we'll delve into the heart of inclusive practices and their pivotal role in Specially Designed Instruction (SDI), uncovering how these strategies create opportunities for students with disabilities to thrive alongside their peers. From examining the continuum of services within special education to discussing practical approaches for promoting access and progress within the general education curriculum, this session offers valuable insights for parents and families navigating the educational landscape.

## Rhyming and Alliteration with Sesame Workshop Resources

Tuesday, March 25, 2025

9am-11am

[Session # 101203](#)

[Virtual session # 103449](#)

Caregivers will learn simple learning activities to help build the children's rhyming and alliteration skills. This will be a hands-on and lecture session. The resources on Sesame Workshop foster the development of academic and social skills through fun and engaging activities. This free bilingual resource addresses topics such as social emotional learning, traumatic experiences, exploring emotions, learning through play, and more. <https://sesameworkshop.org/>. This session is presented by our community partner Elisa Resendiz, KLRN Director of Early Childhood Services.

## Dangerous Teen Trends

Thursday, March 27, 2025

9am-11am

[Session # 101204](#)

[Virtual session # 103451](#)

In today's world, parents of adolescents must be informed about dangerous teen trends that can significantly impact their well-being. The session will aim to provide parents with insights into prevalent risks, including vaping, fentanyl abuse, human trafficking, social media pitfalls, as well as eating and sleeping habits. By understanding these trends and their implications, parents can better equip themselves to support and safeguard the adolescents in their lives.

## APRIL

### Anti-bullying

Tuesday, April 1, 2025

9am-11am

[Session # 101205](#)

[Virtual session # 103452 \(Repeated on 5/6/25\)](#)

In today's interconnected world, bullying can take on various forms, making it crucial for parents to stay informed and proactive. Participants will be provided an in-depth overview of the different types of bullying, its impact on children, and learn about protective factors that can reduce and/or prevent bullying behavior. Together, let's stand united against bullying and foster a culture of kindness, respect, and empathy in our communities. This session is presented by our community partner ChildSafe San Antonio.

### Parents Working with Teachers: Facilitating Communication & Involvement

Thursday, April 3, 2025

9am-11am

[Session # 101206](#)

[Virtual session # 103453](#)

Parents are a child's best and longest-lasting advocates. Parents with good communication skills can be even more effective advocates for their children. How parents collaborate with school staff will ultimately affect the child's life more than it will affect yours or that of the school staff. This session will offer recommendations and procedures to help increase communication with school staff.

## Guiding Light: De-escalation and Co-regulation Strategies for Parents

**Tuesday, April 8, 2025**

**9am-11am**

**Session # 101207**

**Virtual session # 103454**

This session is designed to equip parents, caregivers, and educators with effective tools and compassionate approaches to help children navigate through challenging moments. Attendees will learn about the fundamentals of de-escalation, the importance of co-regulation in building emotional resilience, and practical strategies that can be implemented in real-time to restore calm and understanding. By focusing on communication, empathy, and connection, this session aims to strengthen the bond between parents and children, ensuring that families are prepared to face crises together with confidence and love.

## What is Social Emotional Learning (SEL): Why It Matters

**Thursday, April 10, 2025**

**9am-11am**

**Session # 101208**

**Virtual session # 103455**

This engaging workshop is tailored to parents and caregivers seeking to understand the pivotal role of social-emotional learning (SEL) in their children's lives. Delve into the core principles of SEL through insightful discussions and relatable examples, discovering its profound impact on your child's emotional intelligence and overall well-being. Learn practical strategies and activities to integrate SEL seamlessly into your home environment, empowering you to nurture resilience and empathy in your child's developmental journey. Engage in station activities designed to deepen understanding and leave you equipped with personalized 'make and take' resources to implement SEL practices effortlessly in your daily interactions with your child. Join us and unlock the keys to nurturing your child's emotional intelligence and resilience, laying a foundation for their lifelong success and well-being.

## Triple P Seminar 1: Raising Responsible Teenagers

**Tuesday, April 15, 2025**

**\*9am-10:30am**

**Session # 101209**

**Virtual session # 103456**

Practitioners introduce parents to the six key elements of teenagers becoming responsible and specific ideas about how to teach and encourage each of the following skills:

- Taking part in family decision-making.
- Being respectful and considerate.
- Getting involved in family activities.
- Developing a healthy lifestyle.
- Being reliable.
- Being assertive.

This session will be delivered by our community partner SA Metropolitan Health District.

## ABCs of Mental Health for our Younger Children

**Thursday, April 17, 2025**

**9am-11am**

**Session # 101210**

**Virtual session # 103457**

Do you find yourself struggling to understand your child's emotions? Join this interactive session that allows us to explore our little's BIG emotions. From understanding emotions to coping strategies, this session offers essential guidance for cultivating a positive and supportive atmosphere where children can thrive emotionally and mentally. We delve into the fundamental aspects of children's mental health, equipping you with practical knowledge and strategies to support the flourishing of the children in your care.

## NetSmartz Internet Safety

**Tuesday, April 22, 2025**

**9am-11am**

**Session # 101211**

**Virtual session # 103458**

Learn the latest statistics, online resources, and expert tips to educate, engage, and empower children to be safer online and offline. Participants will be provided with age appropriate tips, participate in thought-provoking discussions, as well as receive candid, practical advice. This session is presented by our community partner ChildSafe San Antonio.

## Parenting With Purpose: A Series on Conscious Discipline for Families, Part III

Thursday, April 24, 2025

9am-11am

[Session # 101212](#)

[Virtual session # 103459](#)

This 4-part series is designed to empower parents with the tools and insights needed to create harmonious and nurturing relationships with their children through the principles of Conscious Discipline. Rooted in the latest research in neuroscience and child development, Conscious Discipline offers parents practical tools and strategies for fostering loving, respectful relationships with their children while promoting emotional intelligence, self-regulation, and resilience. Join us as we embark on a journey towards conscious, heart-centered parenting, where every interaction becomes an opportunity for connection, growth, and healing. (The dates for this series are: 1/16/25, 2/27/25, 4/24/25, and 6/18/25.)

## Let's Play & Learn Together! Supporting Social and Emotional Development for Young Children

Tuesday, April 29, 2025

9am-11am

[Session # 101213](#)

[Virtual session # 103460](#)

This session is for families with 3 to 5 years old children. It is dedicated to harnessing the power of play to foster connection and skill development at home. Join us as we actively learn how to incorporate practices that promote social and emotional growth through play with your child at home. Unlock the power of play and build lasting memories while nurturing the growth and development of our children. Participants will walk away with activities that support early academic success.

## MAY

### Healthy Eating Habits

Thursday, May 1, 2025

9am-11am

[Session # 101214](#)

[Virtual session # 103461](#)

KLRN's Healthy Kids Project supports healthy lifestyles by positively influencing choices about food and activity. Engaging bilingual videos, activities, recipes, and TEKS-aligned lessons educate children between the ages of 0-9 about nutrition, activity, and emotional well-being. Visit <https://www.klrn.org/healthy-kids/> to learn more! This session is presented by our community partner Rachel Salinas, KLRN Director of School Services.

### Anti-Bullying

Tuesday, May 6, 2025

9am-11am

[Session # 101215](#)

[Virtual session # 103462](#)

In today's interconnected world, bullying can take on various forms, making it crucial for parents to stay informed and proactive. Participants will be provided an in-depth overview of the different types of bullying, its impact on children, and learn about protective factors that can reduce and/ or prevent bullying behavior. Together, let's stand united against bullying and foster a culture of kindness, respect, and empathy in our communities. This session is presented by our community partner ChildSafe San Antonio.

### Sexuality and Health

Thursday, May 8, 2025

9am-11am

[Session # 101216](#)

[Virtual session # 103463](#)

Talking with our young and grown children about sexuality can be a difficult task. As parents and guardians, we often worry whether talking about it gives permission and whether they can be safe from harm when they are in relationships. This workshop will help you become more comfortable discussing this topic by covering what topics to cover and the most effective way to talk about this sensitive topic. This session is presented by our community partner Any Baby Can San Antonio.

## STEM Using Watt Watchers Resources

**Tuesday, May 13, 2025**

**9am-11am**

**Session # 101217**

**Virtual session # 103484**

Watt Watchers and Smart Energy Education: Explore Watt Watchers to learn more about how to save energy and money while helping the environment! Watt Watchers is a free, bilingual, state-sponsored STEM program to help boost energy literacy for K-12 students and families. This session is presented by our community partner Rachel Salinas, KLRN Director of School Services.

## AS+K? About Suicide to Save a Life

**Wednesday, May 14, 2025**

**9am-11am**

**Session # 101218**

**Virtual session # 103464**

Suicide prevention happens when people and communities come together. When we know what to look for, pay attention to those around us, and act when we see something, we will reduce the number of deaths by suicide. But where do we begin? Whether you are a professional, a worried parent, or a concerned friend, AS+K? training provides resources to help you learn the signs to look for, how to talk to someone about what they are feeling, and where to go for more help.

## Triple P Seminar 2: Raising Competent Teenagers

**Tuesday, May 20, 2025**

**\*9am-10:30am**

**Session # 101219**

**Virtual session # 103465**

Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:

- Developing self-discipline.
- Establishing good routines.
- Getting involved in school activities.
- Being a good problem solver.
- Following school rules.
- Having supportive friends.

This session will be delivered by our community partner SA Metropolitan Health District.

## Understanding and Preventing Youth Radicalization: Combating Hate and Violence

**Thursday, May 22, 2025**

**9am-11am**

**Session # 101220**

**Virtual session # 103466**

In recent years, the phenomenon of youth radicalization leading to violence through channels of hate has become a pressing concern globally. This session offers a comprehensive exploration of the underlying factors, dynamics, and preventive measures surrounding this complex issue. By shedding light on the roots of radicalization and offering actionable strategies for intervention and prevention, participants will gain invaluable insights into safeguarding youth against the allure of extremist ideologies and promoting inclusive, resilient communities. Join us in this critical conversation as we work together to safeguard our youth and uphold the values of peace, tolerance, and mutual respect.

This session is presented by our community partner Larry Rodriguez from the San Antonio Office Emergency Management with the SA Fire Department.

## My Child Doesn't Talk: The Next Steps--A Deeper Look Into Strategies to Support Early Language Development

**Thursday, May 29, 2025**

**9am-11am**

**Session # 101221**

**Virtual session # 103467**

This session will help parents learn about early language development & research-based interaction tips to help their young children to develop more language & thinking skills. In this session learners will:

- Increase knowledge & skills related to early language development.
- Explore their role in fostering an environment that promotes communication skills.
- Learn communication strategies to support language & communication in young children.



## JUNE

### Triple P Seminar 3: Getting Teenagers Connected

**Tuesday, June 3, 2025**

**\*9am-10:30 am**

**[Session # 101222](#)**

**[Virtual session # 103468](#)**

Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:

- Being confident.
- Being socially skilled.
- Planning ahead.
- Meeting commitments.
- Keeping in contact.
- Taking care of others.

This session will be delivered by our community partner SA Metropolitan Health District.

### Harmonious Bonds: Engaging with Your Child Through Music and Fingerplays

**Thursday, June 5, 2025**

**9am-11am**

**[Session # 101223](#)**

**[Virtual session # 103469](#)**

Join us for an interactive and enriching workshop tailored to parents seeking to deepen their connection with their children through the universal language of music and the playful art of finger plays. Led by experienced early childhood educators, this session offers parents a unique opportunity to learn practical techniques and strategies to engage, entertain and bond with their little ones in a fun and meaningful way.

### Adverse Childhood Experiences (ACEs)

**Thursday, June 12, 2025**

**9am-11am**

**[Session # 101224](#)**

**[Virtual session # 103470](#)**

In this session, we will discuss the impact of ACEs and how it transcends the traditional boundaries of health and human service systems. The first step toward healing comes with understanding the problem. Our words and our commitment are vital to the future we all want for our children. The goal of this session is to develop a common language and common understanding about how experiences shape our well being.

### Family Flavor: A Parent's Guide to Deliciously Nutritious Recipes

**Friday, June 13, 2025**

**9am-11am**

**[Session # 101225](#)**

**[Virtual session # 103471](#)**

Empower your family's well-being! Join Brighter Bites for a fun and informative session on fostering healthy eating habits at home. Learn practical tips, an easy recipe, and strategies to make nutritious meals a fun, family activity. The Brighter Bites team will also share resources to help parents incorporate more fresh fruits and vegetables into their family's diet.

### Talk, Talk, and Talk Some More- Developing Oral Language in Early Childhood

**Tuesday, June 17, 2025**

**9am-11am**

**[Session #101226](#)**

**[Virtual session # 103472](#)**

Parents are a child's first teacher! This interactive session offers parents everyday strategies to facilitate their children's linguistic growth. Together, we will explore the stages of oral language development in young children as we highlight important milestones and recommended practices to enrich their language acquisition.

## **Parenting With Purpose: A Series on Conscious Discipline for Families, Part IV**

**Wednesday, June 18, 2025**

**9am-11am**

**Session # 101227**

**Virtual session # 103473**

This 4-part series is designed to empower parents with the tools and insights needed to create harmonious and nurturing relationships with their children through the principles of Conscious Discipline. Rooted in the latest research in neuroscience and child development, Conscious Discipline offers parents practical tools and strategies for fostering loving, respectful relationships with their children while promoting emotional intelligence, self-regulation, and resilience. Join us as we embark on a journey towards conscious, heart-centered parenting, where every interaction becomes an opportunity for connection, growth, and healing. (The dates for this series are: 1/16/25, 2/27/25, 4/24/25, and 6/18/25.)

## **Keeping it Safe! Connecting Head Start Safety Standards to the Home**

**Wednesday, June 25, 2025**

**9am-11am**

**Session # 101229**

**Virtual session # 103475**

Safety is a critical priority every day in the classroom and throughout the campus location where your children attend school! Join Head Start Safety Facilitators as they share safety guidelines while making connections to these safety standards and your home. Participants will learn safety tips and walk away with practical tools to implement at home. Let's all do our part in KEEPING IT SAFE!