



TRI-VALLEY SELPA PRESENTS

SPRING 2025 PARENT WORKSHOPS

PARENTING UNDER PRESSURE: IDENTIFYING TRIGGERS AND BUILDING CONNECTION

This workshop series is designed to help parents with children of all ages understand brain development, emotions, memories, attachment, and triggers through discussion and reflection. You'll learn practical tools for emotional agility and turn reactions into connections that foster brain integration. With practical tips and insights, you'll gain skills to help your family thrive.

All workshops listed below are virtual on Thursday afternoons from 4-5:30PM.

FEB
13

The Building Blocks:

How Emotions, Development, and the Brain Shape Us

MAR
6

Looking Back:

Exploring Your Childhood and Attachment Patterns

MAR
27

The Present Moment:

Recognizing Triggers and Strengthening Connections


MAY
1

Moving Forward:


Tools for Self-Awareness and Emotional agility

[CLICK HERE TO REGISTER](#)

Questions? Contact Andrea McDermott at the Tri-Valley SELPA office:

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