PARTNERING WITH PARENTS WORKSHOPS

Allendale's

Bradley Counseling Center

PARTNERING WITH PARENTS WORKSHOPS

2025/26 UPCOMING WORKSHOPS

Date	Topic & Objectives
Wednesday 9/24/2025	**Suicide Prevention Month: What All Parents Need to Know** • *Identify key risk factors and warning signs for adolescents & younger.* • *Learn strategies for initiating open and supportive conversations with your children.* • *Learn how to create a safety plan with a list of local & national crisis hotlines.*
Wednesday 10/15/2025	**Bringing Calm to Chaos With Structure** • *Discuss the benefits of a structured home for you and your child/ren.* • *Utilize the balance between flexibility & consistency when creating a structure.* • *Identify practical strategies for creating & maintaining effective routines in daily activities.*
Wednesday 11/19/2025	**When Nothing Works: Building Predictability & Respect** • *Discuss how predictability and respect builds a strong foundation of trust in your relationship.* • *Gain an understanding of what to do when boundaries are crossed.* • *Learn the power of being a model to teach children to use respectful language, listen to other's perspectives, and the value of other's feelings.*
Wednesday 12/17/2025	**Bringing Calm to Chaos: Strategies for Managing Your Home** • *Learn how choices, within limits help children learn from their mistakes.* • *Foster a conversation about the benefits of providing children with a choice.* • *Gain strategies to use choice as a tool to de-escalate conflicts and reduce power struggles at home.*
Wednesday 1/21/2026	**Start the Year by Unwinding: A De-Stress Workshop for Parents** • *How prioritizing well-being and stress management impacts the health and happiness of your home* • *Recognize common sources of your stress for both internal triggers and external pressures.* • *Learn and practice a variety of practical and accessible stress management techniques.*
Wednesday 2/18/2026	**The Calm Parent, The Calm Child: Managing Your Emotions to Help Them Manage Theirs** • *Learn what to do when your kids make you flip your lid.* • *Being equipped with practical strategies for responding to provocations rather than reacting.* • *Identify how to be a "emotion coach" for your child/ren.*
Wednesday 3/18/2026	**How to Talk So Kids Will Listen & Listen So Kids Will Talk** • *Learn and practice active listening skills that show you are truly listening.* • *Learn how to construct and use "I" statements to express your feelings and needs to children.* • *Learn strategies for problem-solving that is collaborative and respectful.*
Wednesday 4/15/2026	**Ways To Enjoy Being With Your Kids** • *Identify the positive impact of being "truly present" opposed to being physically present.* • *Learn practical strategies to reduce distractions and intentionally engaging with your child/ren.* • *Identify and create simple but meaningful rituals/habits to strengthen the parent-child bond.*
Wednesday 5/20/2026	**Prepare For The Summer: How To Tackle Boredom** • *Learn boredom is an opportunity to help the child develop creativity and self-reliance skills.* • *Identify the value of providing a balance between structured activities and unstructured free time.* • *Learn how to empower them to find their own solutions when feeling "bored."*

ABOUT THE TRAINER

Jasmine Ward, M.A., *Therapeutic Day School & Outpatient Therapist at Allendale, will lead each workshop session. Jasmine received her Master's in Mental Health Counseling from the University of Indianapolis and has a passion for working with youth, parents, and families and serving families within her community.*

✦ Hope and healing start here.

PARTNERING WITH PARENTS WORKSHOPS

Allendale's

Bradley Counseling Center

PARTNERING WITH PARENTS WORKSHOPS

2025/26 UPCOMING WORKSHOPS

Date	Topic & Objectives
Wednesday 9/24/2025	**Suicide Prevention Month: What All Parents Need to Know** • *Identify key risk factors and warning signs for adolescents & younger.* • *Learn strategies for initiating open and supportive conversations with your children.* • *Learn how to create a safety plan with a list of local & national crisis hotlines.*
Wednesday 10/15/2025	**Bringing Calm to Chaos With Structure** • *Discuss the benefits of a structured home for you and your child/ren.* • *Utilize the balance between flexibility & consistency when creating a structure.* • *Identify practical strategies for creating & maintaining effective routines in daily activities.*
Wednesday 11/19/2025	**When Nothing Works: Building Predictability & Respect** • *Discuss how predictability and respect builds a strong foundation of trust in your relationship.* • *Gain an understanding of what to do when boundaries are crossed.* • *Learn the power of being a model to teach children to use respectful language, listen to other's perspectives, and the value of other's feelings.*
Wednesday 12/17/2025	**Bringing Calm to Chaos: Strategies for Managing Your Home** • *Learn how choices, within limits help children learn from their mistakes.* • *Foster a conversation about the benefits of providing children with a choice.* • *Gain strategies to use choice as a tool to de-escalate conflicts and reduce power struggles at home.*
Wednesday 1/21/2026	**Start the Year by Unwinding: A De-Stress Workshop for Parents** • *How prioritizing well-being and stress management impacts the health and happiness of your home* • *Recognize common sources of your stress for both internal triggers and external pressures.* • *Learn and practice a variety of practical and accessible stress management techniques.*
Wednesday 2/18/2026	**The Calm Parent, The Calm Child: Managing Your Emotions to Help Them Manage Theirs** • *Learn what to do when your kids make you flip your lid.* • *Being equipped with practical strategies for responding to provocations rather than reacting.* • *Identify how to be a "emotion coach" for your child/ren.*
Wednesday 3/18/2026	**How to Talk So Kids Will Listen & Listen So Kids Will Talk** • *Learn and practice active listening skills that show you are truly listening.* • *Learn how to construct and use "I" statements to express your feelings and needs to children.* • *Learn strategies for problem-solving that is collaborative and respectful.*
Wednesday 4/15/2026	**Ways To Enjoy Being With Your Kids** • *Identify the positive impact of being "truly present" opposed to being physically present.* • *Learn practical strategies to reduce distractions and intentionally engaging with your child/ren.* • *Identify and create simple but meaningful rituals/habits to strengthen the parent-child bond.*
Wednesday 5/20/2026	**Prepare For The Summer: How To Tackle Boredom** • *Learn boredom is an opportunity to help the child develop creativity and self-reliance skills.* • *Identify the value of providing a balance between structured activities and unstructured free time.* • *Learn how to empower them to find their own solutions when feeling "bored."*

ABOUT THE TRAINER

Jasmine Ward, M.A., *Therapeutic Day School & Outpatient Therapist at Allendale, will lead each workshop session. Jasmine received her Master's in Mental Health Counseling from the University of Indianapolis and has a passion for working with youth, parents, and families and serving families within her community.*

✦ Hope and healing start here.