

# Healthy Minds, Healthy Families

Empowering Families for Scholar Success

How can I help my child...

Maintain physical activity?

Avoid vaping and other substances?

Deal with stress and anxiety?

Manage social media and screen time?

Make good food choices?



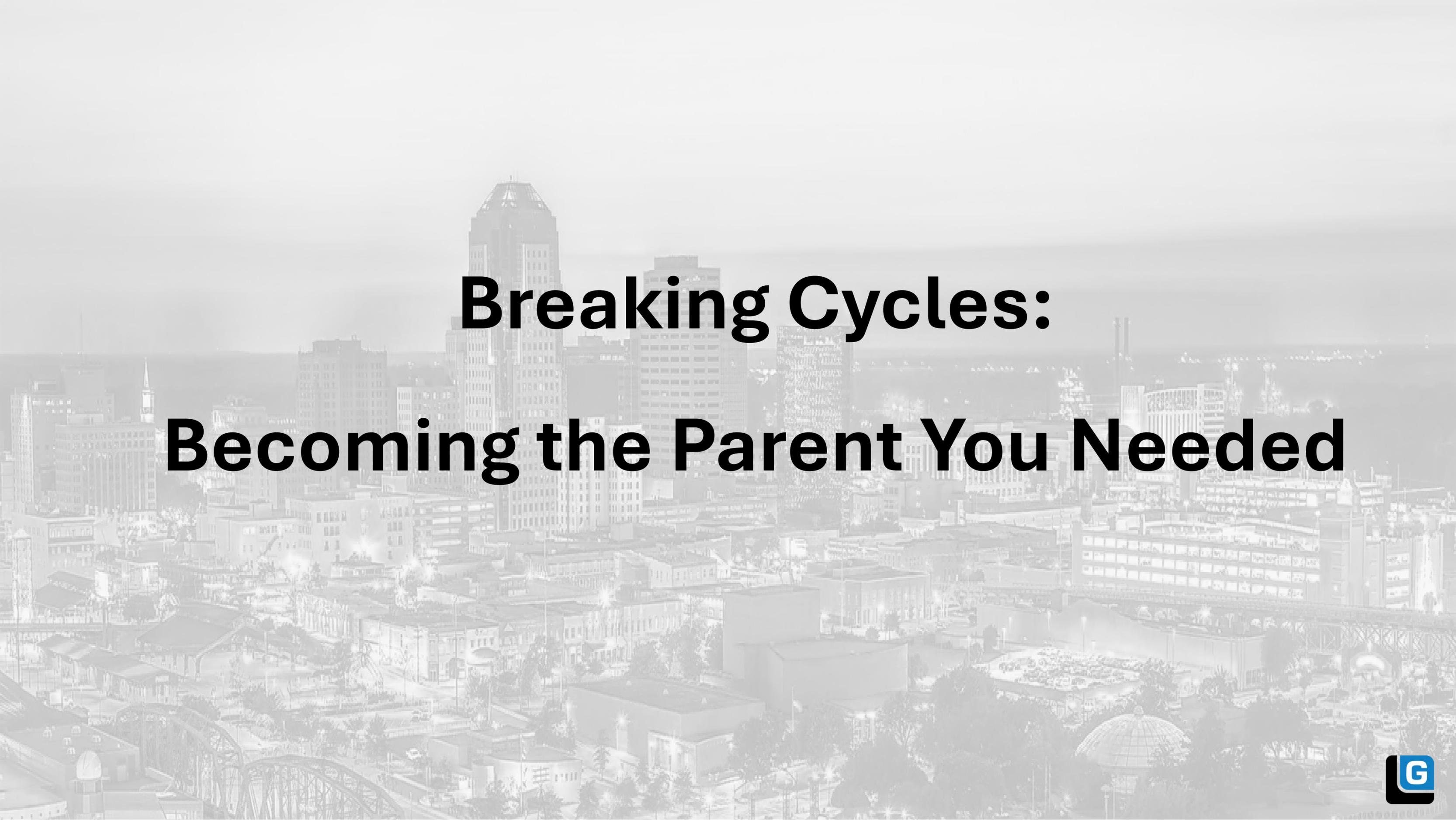
Thursday, December 11 | 6-7:30 pm



FEDERAL WAY  
PUBLIC SCHOOLS

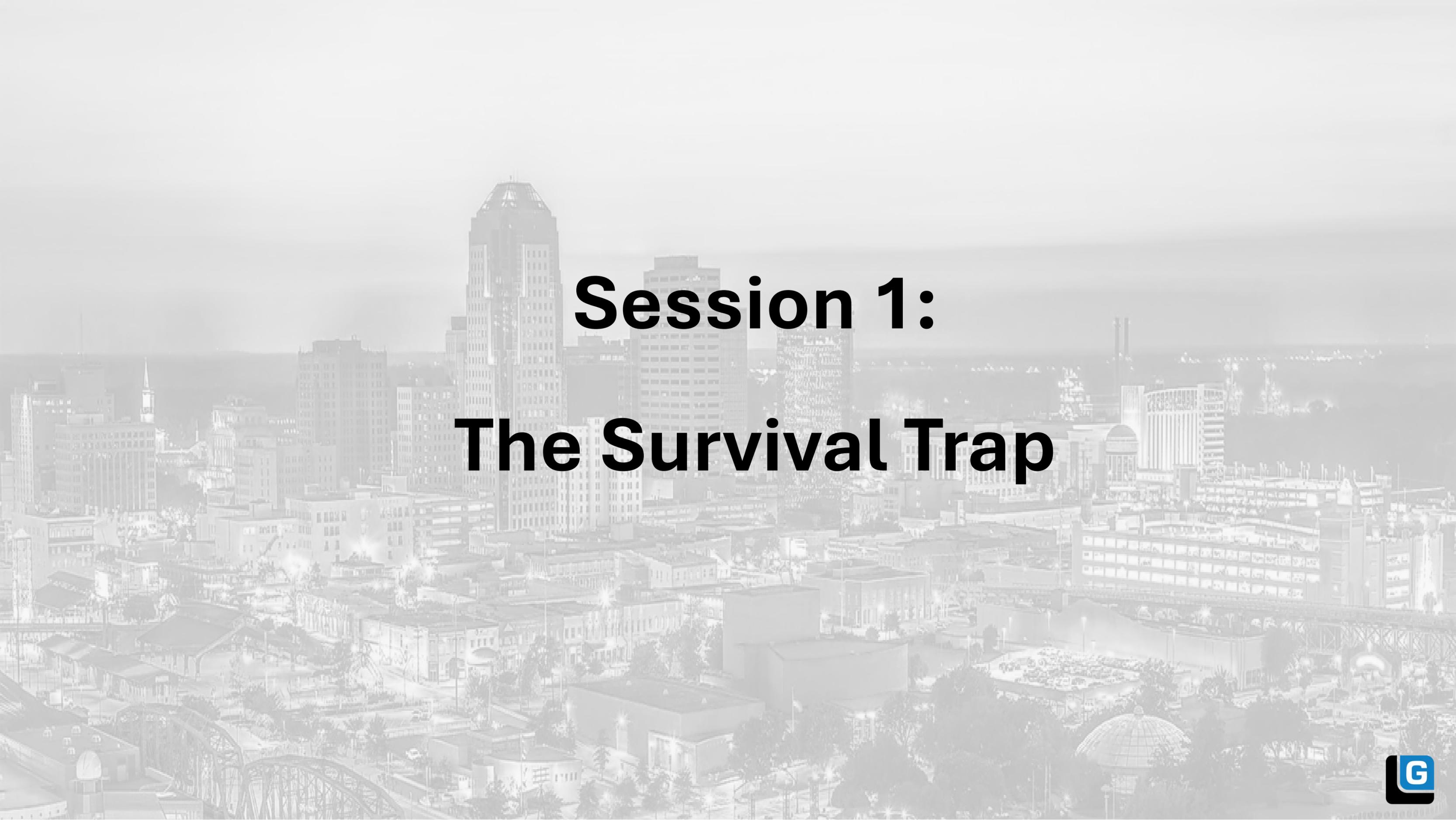


*LIFE* *on the*  
OTHER SIDE



# **Breaking Cycles: Becoming the Parent You Needed**





# **Session 1:** **The Survival Trap**



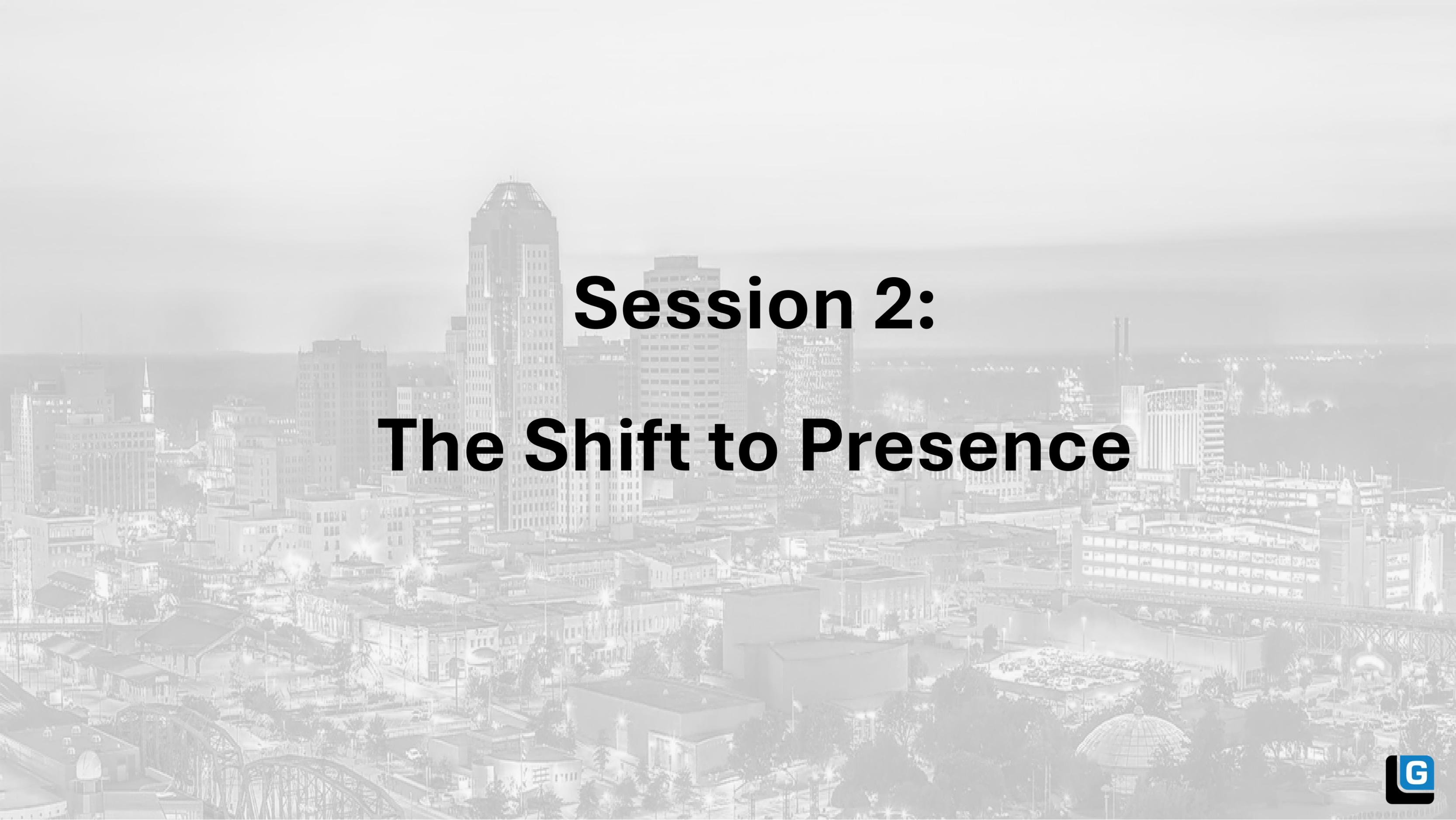
## REFLECTION PROMPT

What did you learn about love growing up, was it spoken, shown, or assumed?

# Point to Remember

**“Survival doesn’t teach love it teaches defense”**

Dr. Louis Guiden Jr.



# **Session 2: The Shift to Presence**



## REFLECTION PROMPT

What can I start doing this week to be more present?

# Point to Remember

**“Becoming a Father Healed the Child Inside of Me”**

Dr. Louis Guiden Jr.



# **Session 3:** **Speaking Love Out Loud**





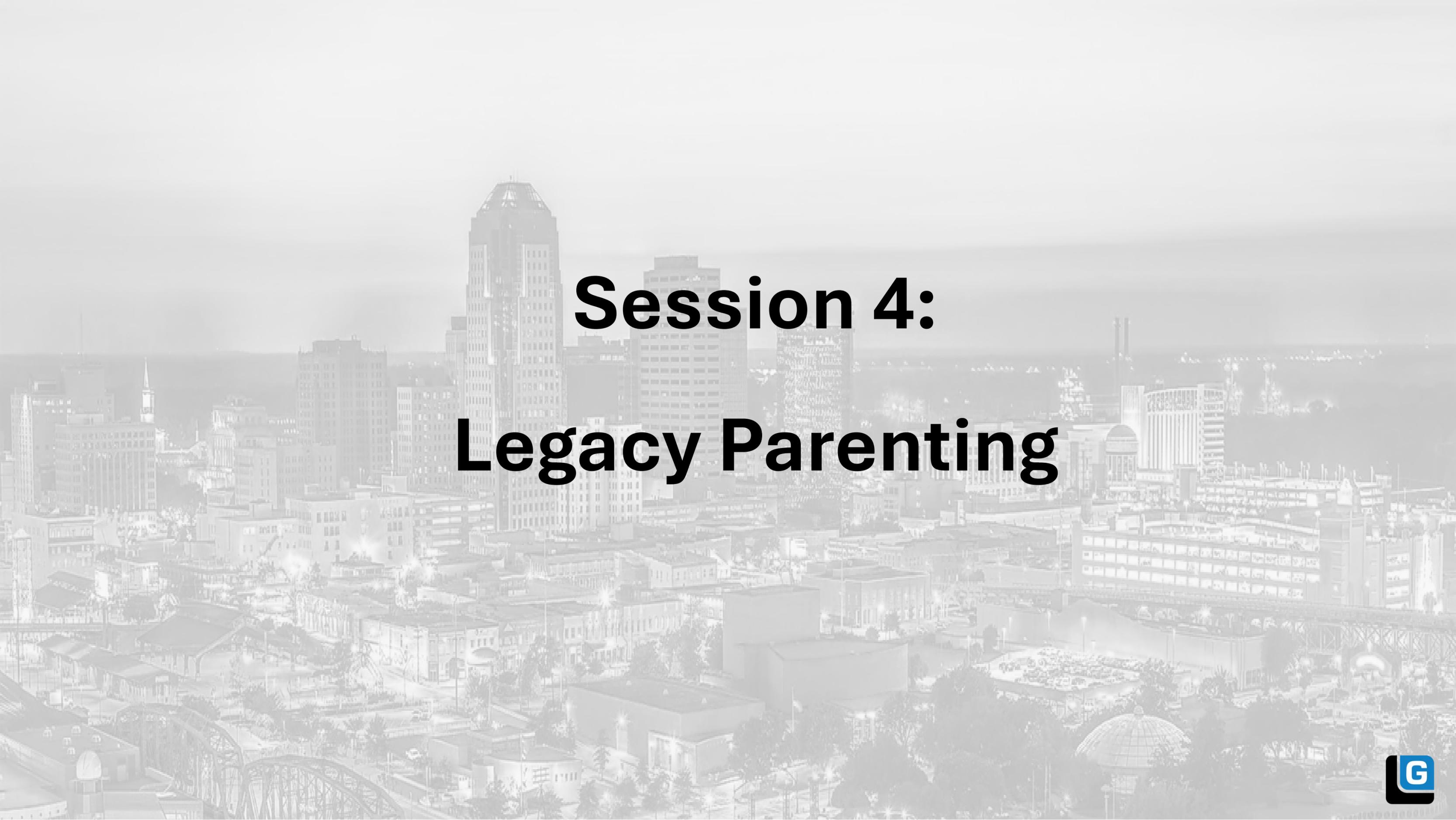
## REFLECTION PROMPT

Where do I need to heal so I can love my child better?

# Point to Remember

**“Pain Changes You. It Can Make You Bitter Or Better”**

Dr. Louis Guiden Jr.



# **Session 4:** **Legacy Parenting**



# REFLECTION PROMPT

You can't rewrite your past, but you can  
re-author your family's future

# Point to Remember

**“I’m Building a Legacy My Children Can Feel Not Just See”**

Dr. Louis Guiden Jr.



*LIFE* *on the*  
OTHER SIDE

## Next Steps:

### Feedback Survey:

Please help us improve by sharing your feedback about today's event through a 3-minute survey.

*Encuesta posterior al evento: ¡Ayúdenos a mejorar!*

پست-نظرسنجی : رویداد به ما کمک می کند بهبود یابیم!

Take the survey at [www.fwps.org/familyacademysurvey](http://www.fwps.org/familyacademysurvey)



### EP&O Renewal Levy:

- Learn more at [www.fwps.org/levy2026](http://www.fwps.org/levy2026)
- Register to vote, if needed
- Don't forget to vote on February 10, 2026

