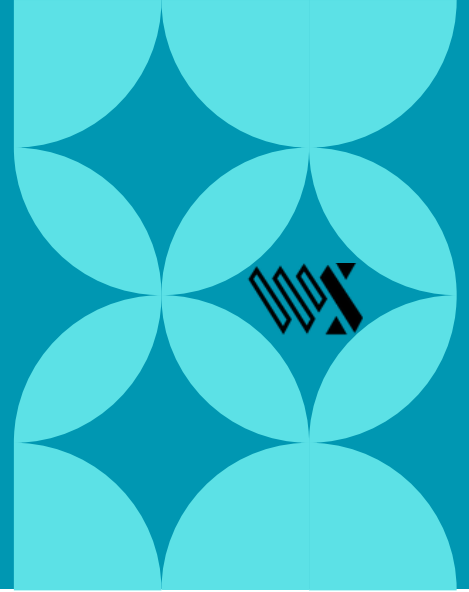


# Student Services Presents: Parent Training Series

*Supporting Students, Empowering Families  
Presented by the Office of Student Services*



The Office of Student Services is proud to present our Parent Training Series, designed to strengthen the partnership between families and schools in supporting student success and well-being. The 2025-2026 series brings parents and caregivers together with experts to explore three timely and important topics that impact today's children: neurodiversity, drug and alcohol prevention, electronic devices & digital balance.

**November 11, 2025**

**Drug and Alcohol Prevention Education: Why Now? (K-5)**

**December 2, 2025**

**Botvin: Communication and monitoring the connection to drug and alcohol prevention (K-5)**

**January 8, 2026**

**Connected: Strengthening Parent-Adolescent Bonds in the Digital Age (Grades 9-12)**

**January 15, 2026**

**Connected: Strengthening Parent-Adolescent Bonds in the Digital Age (Grades 6-8)**

**January 26, 2026**

**Using a Trauma-Informed Lens to Better Understand Neurodiversity**

**February 24, 2026**

**Power of Play (K-5)**

**March 10, 2026**

**Botvin: Modeling and Consistency and the connection to drug and alcohol prevention (K-5)**

**March 24, 2026**

**Charting the Life Course**

**March 25, 2026**

**Social Media; Strengthening Connectivity (6-12)**

**April 7, 2026**

**Building Healthy Futures: Drug & Alcohol Prevention for Parents**

**April 22, 2026**

**Botvin: Effects and Warning Signs of Drugs and Taking a Stand**

**May 21, 2026**

**When School's Out**

***Together, we can create safe, supportive, and informed communities for our children.***

# Neurodiversity

Neurodiversity recognizes that students think, learn, and process the world in different but equally valuable ways. When districts like Wallingford-Swarthmore invest in neurodiversity-affirming practices, they strengthen inclusion, improve academic and social outcomes, and reduce long-term costs by meeting student needs proactively rather than reactively. Most importantly, it signals a districtwide commitment to honoring the full potential of every learner.

**Using a Trauma-Informed Lens to Better Understand Neurodiversity:** This session helps parents understand how using a trauma-informed lens can support and strengthen relationships with neurodivergent children. It clarifies the difference between “big T” Trauma—major, life-altering events—and “little t” trauma, which can arise from repeated experiences of stress, misunderstanding, or exclusion. Parents will learn how neurodivergent children may interpret and feel events more deeply, sometimes processing them as trauma even when they don’t seem significant to others. The session offers practical ways to respond with empathy, build safety and trust, and nurture emotional resilience at home.

**Presenter:** Josh MacNeill, InMind Services

**January 26th, 2026 | 6pm-8pm | SHMS B226**

[Register Here](#)

**Charting the Life Course:** It is important for families and caregivers to understand and to plan for what happens as students with disabilities move from school-age special education services into the adult service system. This is a work session for families to explore how to use the Charting the Life Course tools. Charting the Life Course is a framework that helps families and professionals identify strengths, needs, and supports for individuals of all ability levels so they can build a meaningful, self-directed life.

**Presenters:** Regina Hollis, Kristin Dunning, Various Agency Representatives

**March 24th, 2026 | 6:30pm-7:30pm | SHHS Library**

[Register Here](#)

**When School’s Out:** Summer recess can present challenges for students, particularly those with learning differences, as the break often disrupts the structure and support systems they rely on during the school year. Without regular access to instruction, services and routines, students may experience setbacks in their academic, social, and behavioral progress. Explore crucial strategies for nurturing children’s mental health during the summer break. This workshop equips caregivers, educators, and parents with practical tools to create a supportive environment that promotes academic stability and emotional well-being and growth.

**Presenters:** Dr. Ian Sandberg and Effective School Solutions

**May 21st, 2026 | 6pm-7:30pm | SHMS Library**

[Register Here](#)



# Electronic Devices & Digital Balance

Navigating the benefits and challenges of technology in children's daily lives. Parents will learn how screen time affects development, understand safety risks and protective strategies, while discovering practical tools for setting healthy boundaries.



**Connected: Strengthening Parent-Adolescent Bonds in the Digital Age (Grades 9-12):** Adolescence is a critical period of development marked by profound changes in the brain, emotions, and behavior. Understanding these shifts is essential for parents who want to support their child's well-being through this transformative stage of life. In this session, we'll explore the current climate of social media and adolescent mental health and practical strategies from the field of Positive Psychology to strengthen your relationship with your child and support their mental health.

**January 8th, 2026 | 7pm-8pm | SHHS Library**

[Register Here](#)

**Connected: Strengthening Parent-Adolescent Bonds in the Digital Age (Grades 6-8):** Adolescence is a critical period of development marked by profound changes in the brain, emotions, and behavior. Understanding these shifts is essential for parents who want to support their child's well-being through this transformative stage of life. In this session, we'll explore the current climate of social media and adolescent mental health and practical strategies from the field of Positive Psychology to strengthen your relationship with your child and support their mental health.

**January 15th, 2026 | 6:30pm-7:30pm | SHMS Library**

[Register Here](#)

**Power of Play (K-5):** Discover the power of play. Engaging in play improves communication skills between parents/caregivers and their children, and it promotes bonding. Beyond the fun and games, play is essential to your child's health and development. Play helps build important social-emotional, cognitive, language and self-regulation skills. Learn how you can create a more playful, less tech-dependent environment at home.

**February 24th, 2026 | 6pm-7pm | WES Library**

[Register Here](#)

**Social Media; Strengthening Connectivity (6-12):** This workshop focuses on the increasing trend of children and adolescents using social media. Parents and caregivers will gain insights into how children fulfill their needs online and explore strategies to guide them toward fulfilling those needs offline. Learn how to create Social Media Plans that set expectations for family online activities, providing a comprehensive approach to managing screen time.

**March 25th, 2026 | 6pm-7:30pm | SHMS Library**

[Register Here](#)



# Drug and Alcohol Prevention Education

Early education and ongoing, informed conversations with youth are the best protective strategies against youth substance use and misuse. Parents will learn how current national and local trends are impacting their children and how to start and maintain open dialogue around this topic.

**Drug and Alcohol Prevention Education: Why Now? (K-5):** Understand current trends in youth substance use and misuse along with its impact on mental health. As part of our Tier I Guidance Instruction Curriculum, specific life skills are taught and practiced through our Botvin program. Learn more about this program and the ways that our schools, parents and caregivers can work together to support prevention work.

**Presenter:** Megan McCullough and Leslie Shaud

**November 11<sup>th</sup>, 2025 | 6:30pm-7:30pm | NPE Library**

**Botvin: Communication and monitoring the connection to drug and alcohol prevention (K-5)**

**Presenters:** Rebecca Schwam, Guidance Instructor | Deborah Sweeney, School Nurse | Lauren DeSanctis, Counselor

**December 2nd, 2025 | 6:00pm-7:30pm | NPE Library**

**Botvin: Modeling and Consistency and the connection to drug and alcohol prevention (K-5)**

**Presenters:** Rebecca Schwam, Guidance Instructor | Erin Costa, School Nurse | Audrey Ennis, Behavior Health Counselor

**March 10th, 2026 | 6:30pm-7:30pm | WES Library**

[Register Here](#)

**Building Healthy Futures: Drug & Alcohol Prevention for Parents:** Parents and caregivers need the knowledge, tools, and strategies to prevent early use of alcohol, nicotine, and other substances among children and adolescents. Grounded in research and best practices, this session emphasizes the importance of ongoing prevention work. The following components are included; adolescent brain development and substance use, risk and protective factors, social, emotional, and environmental factors that increase risk for substance use, as well as the protective factors.

**Presenter:** St. Joseph's Academy

**April 7th, 2026 | 6pm-7:30pm | SHMS Library**

[Register Here](#)

**Botvin: Effects and Warning Signs of Drugs and Taking a Stand**

**Presenters:** Rebecca Schwam, Guidance Instructor | Linda Kealey, School Nurse | Ashley Yingst, Behavior Health Counselor

**April 22nd, 2026 | 6pm-7:30pm | SRS Library**

[Register Here](#)

