

Eastern Cumberland County Winter Parent Training

WEDNESDAY, JANUARY 28TH – 5:30–7:30

MOUNTAIN VIEW MIDDLE SCHOOL – 30 BALI HAI RD MECHANICSBURG

5:30 – VISIT VENDOR TABLES FOR SPECIAL NEEDS PARENTING INFORMATION. LIGHT REFRESHMENTS PROVIDED.

5:40 – CHILDCARE DROP OFF FOR THOSE IN NEED. REGISTRATION MUST BE COMPLETED IN ORDER TO SECURE CHILDCARE.

6:00 – TRAININGS BEGIN – ATTEND TWO OF THE FOUR AVAILABLE SESSIONS. WHILE PRE REGISTRATION FOR SESSIONS IS NOT NEEDED, HAVING A SENSE OF ATTENDEE NUMBERS WILL HELP PLAN FOR ROOM ARRANGEMENTS.

01

DIGITAL WELLNESS: THE MENTAL COST OF SCROLLING

Laurel Life Behavioral Health Services will provide a training on the four major social media harms and practical strategies to support your child.

02

HOW SENSORY FOUNDATIONS SUPPORT SELF-REGULATION AND BEHAVIORAL SKILLS

TherAbilities Pediatric Therapy Services will provide a training on the role sensory processing plays in developing strong self-regulation and behavioral skills for children and teens.

03

SUPPORTING SIBLING RELATIONSHIPS

The Byrnes Educational Center will address sibling needs.

Families will have opportunities to participate in guided discussions, and practical strategies will be shared to help families navigate sibling dynamics.

04

WHEN SCHOOL FEELS HARD: UNDERSTANDING AND SUPPORTING YOUR CHILD

The CAIU and Cumberland County CASSP will discuss school avoidance, view non-attendance through a trauma lens, working with the district as a partner, and provide strategies parents can use right away.

REGISTER HERE!

EASTERN CUMBERLAND COUNTY CONSORTIUM:

**CAMP HILL SCHOOL DISTRICT
CUMBERLAND VALLEY SCHOOL DISTRICT**

**EAST PENNSBORO SCHOOL DISTRICT
WEST SHORE SCHOOL DISTRICT**

