



Culturally Sensitive Pre-Recorded Parent Workshops



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

Wilmington Public Schools, in partnership with McLean's School Consult Program, presents (1 hour each) culturally sensitive pre-recorded parent workshops in both Spanish and Brazilian Portuguese for the Wilmington community.

(Please note that the presenters are two McLean licensed psychologists with expertise in child/adolescent mental health and who are native speakers in the respective languages below)

Spanish-Speaking Parent Communities

Presenter: Yudelki (Judy) Firpo-Perretti, Ph.D.

Presentation 1: Estrategias para ayudar a sus hijos a entender y manejar sus emociones – Parte I
(Translated to: Strategies to help your children understand and manage their emotions: Part I)

Vimeo Link: <https://vimeo.com/751342118>

Password: SCS2022

Brief description: Provides psychoeducation about the function of emotions, the importance of co-regulation, and strategies to help caregivers model effective emotion regulation skills.

Presentation 2: Estrategias para ayudar a sus hijos a entender y manejar sus emociones – Parte II
(Translated to: Strategies to help your children understand and manage their emotions: Part II)

Vimeo Link: <https://vimeo.com/751352808>

Password: SCS2022

Brief description: Provides caregivers with specific strategies to support their children in identifying and managing difficult emotions and challenges.

Brazilian-Portuguese Speaking Parent Communities

Presenter: Luciana Payne, Ph.D.

Presentation 1: "E agora? O que fazer com emoções e comportamentos que eu não entendo"
(Translated to: Now what? What to do with emotions and behaviors I don't understand)

Vimeo Link: <https://vimeo.com/754046032>

Password: SCS2022

Brief description: Foundational strategies parents can use to help them maintain relationships with their children/adolescents and respond effectively to ineffective behaviors

Presentation 2: "Entendendo depressão e ansiedade" (Translated to: Understanding depression and anxiety)

Vimeo Link: <https://vimeo.com/760872147>

Password: SCS2022

Brief description: Providing psychoeducation on child/adolescent depression and anxiety and strategies parents can use to help support them.