Parenting Education for School Families

Zoom Trainings 4th Tuesdays 6:00 p.m. -7:00 p.m. *Recorded

Join us live or watch a recording yourself or in groups. Pre-register to gain access and resources.

Tuesday, September 26th: Righty Tighty, Lefty Loosey: Integrating the Brain - the Ultimate Parenting Hack
In children and teens, the right brain and its emotions tend to rule over the left brain. Come to discover how in everyday parenting you can turn an argument into a chance to foster healthier, brain development leading to stronger children and teens.

Pre-register by going to https://tinyurl.com/integratingthebrain or use QR Code

Tuesday, October 24th: Is it Trauma or Puberty? Spooky Parenting Scenarios
Adolescence is a time to learn important skills, such as how to leave home and enter the larger (sometimes frightening) world. Learning how the teenage brain functions can help us make an incredibly positive period of growth, change, and experimentation less lonely and distressing on both sides of the parent/child relationship. Gain strategies helpful for everyone, especially those who have experienced trauma(s).

Pre-Registration: https://tinyurl.com/spookyparenting

Tuesday, November 28th: Good Grief! Navigating Loss
We all experience loss. Discuss developmental grieving across childhood and the lifetime.

Pre-Registration: https://tinyurl.com/goodgriefandloss

Tuesday, February 27th: Roses are Red, Violets are Blue, Your Kids Still Want to Play with You: Connecting Through Play
Strengthen the foundation of your relationship through playfulness and connection, the two prerequisites to cooperation.

Pre-Registration: https://tinyurl.com/rosesviolets

Tuesday, March 26th: “When I was Your Age...”: Making Space for Our Experiences & Evolving as a Generation
Discuss phrases we heard growing up, and dive deeper into what we are passing on and what’s a hard pass.

Pre-Registration: https://tinyurl.com/growingasparents

Tuesday, April 23rd: The Sweet Way to Solve Problems - S.O.D.A.S. Decision Making
Come together to practice an easy to remember process of decision making that explicitly shares with children steps to guide them towards higher levels of maturity and responsibility just in time for the summer.

Pre-Registration: https://tinyurl.com/SODASplan

Contact school.outreach@arisahealth.org or The School Based Outreach Team at 479-695-1240