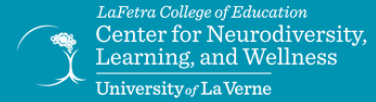




Division of Leadership, Wellness, and Student Services
Pupil Administrative Services
Foster Youth Services Coordinating Program



Social-Emotional Learning Program for Parents

An 8-week program to help parents intentionally and effectively cultivate more connection, peace, and healing in their home



Program Dates:

Option A: English

Wednesdays from 5:30-6:45PM
September 28 - November 16, 2022

Option B: Spanish

Wednesdays from 4:30-5:45PM
January 18 - March 8, 2023

Parents will explore

- mindful breathing techniques to help reduce parenting stress
- daily mindfulness practices to increase self-awareness and positive communication
- self-care techniques to find regulation in midst of high stress and burnout
- positive behavior techniques to support children with special needs
- strategies for building hear connections between parent and child
- weekly sessions led by a trained mindful parenting facilitator
- community support for healing and growth
- referrals for additional support services if needed

Virtual session topics include love, safety, belonging, gratitude, protection, and compassion.

To register, visit:

<http://rcoe.k12oms.org/1089-224704>