



Location: Palm Middle School, (Monday mornings 9am-10:30am)

RESPECTED

IMPORTANT

ACCEPTED

INCLUDED

SECURE

We are excited to be offering Parent Workshops on How To Raise Emotionally Healthy Children in the upcoming 2019-2020 school year. Adopting the five critical needs (i.e. **to feel respected, to feel important, to feel accepted, to feel included, and to feel secure**) are an integral component of a family's core values. These classes will help parents be more effective in helping their children to have self-respect, have self-confidence and have a positive attitude towards family life. Parents will also learn how to establish positive interactions with their children and help improve their parenting effectiveness, thus becoming role models for their children on how to act in a loving way.

Week 1: February 03, 2020 *Parenting 101: Effective Discipline Strategies*

Week 2: February 10, 2020 : *Identifying Parenting Styles and it's Impact on the 5 Emotional Needs of Children*

Week 3: February 24, 2020 : *Prioritizing Your Child's Well-Being: Together we can raise emotionally healthy children and increase their self-esteem.*

Week 4: March 02, 2020 *Family as a Learning Community: Learn techniques to implement family meetings*

Week 5: March 09, 2020 *Strategies for Effective Communication: Addressing child issues and improving child-parent relations*

Week 6: March 16, 2020 *Becoming a "Stress-Free" Parent: Learn effective stress management techniques*

