

Parent Workshops for Elementary School

Guiding Good Choices:

This 5 part series is designed to increase involvement and interaction between parents and children. Healthy choices are promoted through consistent family management and communication. The program teaches conflict resolution, anger management and refusal skills. Workbooks are provided.

Parenting to Prevent Bullying:

This national model prevention program defines bullying behavior and discusses responses for parents of the target, bully and bystander. This workshop examines the signs and symptoms of bullying.

Resolving Family Conflict:

This workshop addresses current issues and causes of conflict in today's families. Differences in parenting styles, unclear roles and expectations within the family are discussed. Strategies to prevent and resolve conflict in families are the focus of this workshop.

Instilling Positive Family Values:

This workshop is designed to help parents be a positive role model for their children. Discussion of family values, value based rules and consequences, as well as, communication are the focus of this workshop.

Navigating the Middle School Years:

This workshop looks not only at the transition from elementary to middle school, but from childhood to adolescence. We discuss ways in which parents can help their child deal with the academic, social, emotional and physical changes they are going through. Discuss concrete ways to help with academic success and organization.

STEP(Systematic Training for Effective Parenting):

This 6 part series is designed to improve communication and understanding between parents and children. Parents learn to use reflective listening, I statements, exploring alternatives, natural and logical consequences and family meetings in family management. It is full of practical strategies for raising children.

Living Apart/Parenting Together:

This workshop looks at parenting during separation and divorce. The focus is on how to successfully parent apart and put your child's best interest first. We will discuss sources of conflict and how to resolve it peacefully.