**Friendships, Cliques, & Bullying Workshop**

*Monday, September 28th, 2020 from 11:00 am – 12:00 pm*

This workshop provides information on the importance of healthy friendships and ways to communicate with children and teens about bullying. Workshop provides a special focus on cyber bullying, and ways parents can intervene.

To register, click here: <https://us02web.zoom.us/meeting/register/tZYtcuihqzojEtPONC9RdNmp_T2RJMctZXR8>

**Cooperative Co-Parenting Workshop**

*Tuesday, September 29th, 2020 from 2:00 pm – 3:00 pm*

This workshop focuses on separated/divorced parents and why cooperative co-parenting is important, ways to manage challenges, and how parents can help their children adjust to the separation.

To register, click here:

<https://zoom.us/meeting/register/tZ0qcu6tqTojHNNUwPDw2Nr-aIa5Q8pXUNTa>

**Help with Homework**

*Wednesday, September 30th, 2020 from 11:00 – 12:00 pm*

This workshop provides concrete examples of how parents can help encourage their children to read at home and how to engage cooperation, especially when coping with the challenges of remote schooling.

To register, click here:

<https://us02web.zoom.us/meeting/register/tZYtcuihqzojEtPONC9RdNmp_T2RJMctZXR8>

**Helping Children Self-Regulate**

*Monday, October 5th, 2020 from 2:00 pm – 3:00 pm*

This workshop provides information on self-regulation, how to be attuned to your child’s emotions through co-regulation, and how to respond to behaviors in the moment.

To register, click here:

<https://us02web.zoom.us/meeting/register/tZAuceisqTIiHdykMRyyCDkctS6n0znKJlip>

**Potty Training Workshop**

*Tuesday, October 6th, 2020 from 2:00 pm – 3:00 pm*

Geared toward parents of who have toddlers between the ages of 15 months to 3 years. Parents will be provided with different techniques and tips to help them prepare for potty training, such as positive reinforcement. Workshop also provides different information on when to start potty training and how to know when your toddler is ready to be potty trained.

To register, click here:

<https://us02web.zoom.us/meeting/register/tZAocO-qqTkiE9zD1gz7unhPCLuXhmshy1eF>

**Self-Care and Stress Management Workshop**

*Wednesday, October 7th, 2020 from 10:00 am – 11:00 am*

This workshop focuses on the effects of stress, concrete techniques to manage stress, emotional regulation, and a self-care assessment.

To register, click here:

<https://us02web.zoom.us/meeting/register/tZAocO-qqTkiE9zD1gz7unhPCLuXhmshy1eF>

**Talking to Children about Sex Workshop**

*Wednesday, October 7th, 2020 from 2:00 – 3:00 pm*

This workshop focuses on child/teen sexual development and how to utilize effective communication techniques to engage your children in a discussion about this topic. Wednesday,

To register, click here:

<https://us02web.zoom.us/meeting/register/tZIpf-6orDIuEtG2ggaadm1UawqHusITMG5x>

**Effective Communication**

*Tuesday, October 13th, 2020 from 2:00 pm – 3:00 pm*

This workshop focuses on helping parents learn techniques for how to improve communication with their children, how reflective and active listening can improve communication with children and teens.

To register, click here:

<https://zoom.us/meeting/register/tJUodOqvqzMuGtQ5vVrvmbsq4PJxN2kJY6hc>

**Effective Discipline**

*Wednesday, October 14th, 2020 from 10:00 am – 11:00 am*

This workshop focuses on the different effective discipline techniques and how to encourage positive behavior.

To register, click here:

<https://zoom.us/meeting/register/tJEvdOmurTgvH9c_GmXyRSQUE7xtNN3DxQQ9>

**Engaging Children Through Play & Creativity**

*Thursday, October 15th, 2020 from 2:00 pm – 3:00 pm*

This workshop focuses on the importance of play and creativity, interactive activities that parents can utilize to engage their children as well as promote their social and emotional development and attachment.

To register, click here:

<https://zoom.us/meeting/register/tJAsdO-oqDsvGtaig0rWQslU-oTPOrv_wVkm>