# Parent Workshops

## Back to School
**September**
**Theme:** Strong Start
- Best practices for creating a supportive school environment at home.
**Activity:** Setting goals for the school year

## Halloween
**October**
**Theme:** Fear and scary topics
- How to have difficult conversations with your child.
- Best practices for conveying bad news with your children.
**Activity:** Creating masks

## Thanksgiving
**November**
**Theme:** Gratitude
- How do you cultivate gratitude at home with your child?
- What are the health benefits of cultivating gratitude?
- Best practices for cultivating gratitude with your child.
**Activity:** Gratitude Turkey

## Holiday
**December**
**Theme:** Giving-back, paying it forward
- What is giving?
- How do we give meaningfully and with intention?
**Activity:** Resolutions to give back

## Martin Luther King
**January**
**Theme:** Service and citizenship
- How do you serve your community?
- What are your obligations as a US citizen?
- Best practices for having your voice heard and honoring your duty as a citizen.
**Activity:** Commitment pledge

## Valentine's Day
**February**
**Theme:** Love
- How do you express love?
- How does your child know you love them?
- Best practices for cultivating gratitude with your child.
**Activity:** Love language quiz and hearts with love language results

## St. Patrick's Day
**March**
**Theme:** Luck
- What is luck?
- How do you create more luck for yourself?
- Best practices for creating your own luck for your family.
**Activity:** Creating Shamrocks

## Easter
**April**
**Theme:** Breaking Through Games
- Video game addiction
- Impact of screen time
- Best practices for working through game addiction with your children and family
**Activity:** Scavenger hunt

## Memorial Day
**May**
**Theme:** Reflection
- How do you reflect effectively?
- How do we learn from our mistakes?
- How do we model reflection for our kids?
**Activity:** Journaling

## End of School - Year
**June**
**Theme:** Summer forward
- How do you keep your kids engaged for the summer?
- What is the summer slide?
- Low touch ways to keep your kids from regressing over the summer.
**Activity:** Summer Action Plan