



# THE PARENT ACADEMY

## SPRING A 2020-21 WEBINARS

To register, please click on the preferred **YELLOW** time below.

You will receive an email with ZOOM log on information.

Registration closes 48 hours before each workshop. Sessions are 1 hour long.

### TUESDAY 2/02/21 – HELPING YOUR CHILD FOCUS

10 AM      1 PM      7 PM

This webinar will help parents understand children's difficulties with attention.

### TUESDAY 2/09/21 – UNDERSTANDING ADOLESCENCE

10 AM      1 PM

This webinar provides parents tips for understanding their adolescent.

### TUESDAY 2/16/21 – TEST ANXIETY

10 AM      1 PM

This webinar offers parents strategies to reduce their child's test anxiety.

### TUESDAY 2/23/21 – SOCIAL EMOTIONAL LEARNING

10 AM      1 PM

This webinar discusses social emotional learning and how to promote a growth mindset.

### TUESDAY 3/02/21 – DEVELOPING COPING SKILLS

10 AM      1 PM      7 PM

This webinar guides parents on how to help their children cope with stress.

### TUESDAY 3/09/21 – MINDFULNESS FOR FAMILIES

10 AM      1 PM

This webinar demonstrates mindfulness practices.

### TUESDAY 3/16/21 – ONLINE SAFETY

10 AM      1 PM

This webinar helps parents monitor and protect children while online.

### TUESDAY 3/23/21 – PREVENTING CHILD ABUSE

10 AM      1 PM

This webinar discusses strategies on how to keep children safe.

If you require special accommodations including the services of a Sign Language Interpreter, you must contact the **ADA office (305-995-4650)** at least two-weeks prior to the event taking place.

ENGLISH