



# Effective School Solutions

## Virtual Parent Workshop Series All workshops run 7pm-8pm

- **How to Talk To Your Kids and Survive | October 26, 2023 7pm**

- Raising a child is probably the most gratifying job any of us will ever have -- and also one of the toughest. In large part, this is because times have changed. We live in an increasingly complex world that challenges us every day with a wide range of disturbing issues that are difficult for children to understand and for adults to explain. Today's children are part of the iGen or GenZ generation, the generation born in the age of smartphones and tablets. This presentation will help parents discuss how to talk with today's kids and survive. Please Note: This presentation is only offered as a small (20 max) group virtually.

- **School Avoidance for Parents and Families | December 7, 2023 7pm**

- In this workshop, parents and families will learn about the signs and factors relating to school avoidance. Particular attention is paid to principles relating to treatment and responding to school avoidant children.

- **Addressing Stress and Its Impact on Learning for Parents and Caregivers | March 28, 2024 7pm**

- This presentation will discuss the impact that stress has on student learning. New concepts that have emerged as a result of COVID, such as virtual learning anxiety and its effects on executive functioning, are explored. Parents and Caregivers are introduced to strategies that they can employ to provide children with the structure and support needed to reduce stress, enhance access to executive functioning skills, and improve academic achievement. Participants will leave with an understanding of how mental health impacts learning, as well as steps they can take to improve their child's school performance.

- **Maintaining Children's Mental Health over the Summer | May 9, 2024 7pm**

- Explore crucial strategies for nurturing children's mental health during the summer break. This workshop equips caregivers and parents with practical tools to create a supportive environment that promotes emotional well-being and growth. Learn how to maintain routines, engage in meaningful activities, and address potential challenges, ensuring a summer that prioritizes resilience and balanced mental health for children.

**\*Click on the workshop  
title to join via Zoom\***

**or**

**\*Scan the QR code with  
your mobile device\***

