



Effective School Solutions

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

- **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***

