

PARENT/STUDENT WELLNESS & SELF CARE SESSIONS

TITLE	DESCRIPTION	REGISTRATION LINK
<p><u>Circle Awareness Experience</u></p> <p>February March April May</p>	<p>This opportunity is designed to expose you to one of the tools of Restorative Practices, the Circle Process. The Circle is a facilitated dialogue process that is INVITATIONAL. It allows participants to share openly and encourages connections and deepening relationships. This experience is inclusive to all who have an interest in learning ways to better support children and families during these uncertain times through authentic connections</p>	<p>Spring RP Circle Awareness Experience Sessions Registration Form</p> <p>(18 people max)</p>
<p><u>CRM Wellness</u></p> <p>February 13 February 16 February 27 March 2 March 4 March 9 March 11 March 13 March 16 March 17 March 18 March 20 March 23 March 25 March 30 April 3 April 13 April 15 April 20 April 22 April 27 April 29 May 4 May 6 May 11 May 13</p>	<p>This session is designed to share tools you can learn to help yourself and others during times of stress. This session is inclusive to all who have an interest in learning the skills to better support children and families during these uncertain times.</p>	<p>Spring 2021 CRM Wellness Sessions Registration Form</p> <p>(25 people max)</p>

<p>Virtual Parent Summit February - May</p>	<p>Get advice on how to manage the changes COVID-19 has brought to school and family life. Student Engagement – learn tips and tricks for helping your student stay engaged while doing distance learning. Behavior Support – understand the “why” behind certain behaviors and develop a framework for managing expectations with clarity and compassion. Self-Care – learn about the importance of self-care and how creating a family plan for self-care can help everyone in your family feel happier and more physically, mentally, and emotionally able to deal with stress and pressure.</p>	
<p>Steve Bolar</p>	<p>Topic: Family Encouragement Format: Asynchronous webinar Speaker Bio: HERE</p>	<p>To fill out registration form (share with participants): Family Encouragement with Steve Bolar Registration Form</p>
<p>Aime Dean</p>	<p>Topic: Coaching Versus Catching Healthy at Home Tips to Thrive and Survive Motivation and Engagement Format: Asynchronous webinar Speaker Bio: HERE</p>	<p>Google Form Registration Link To fill out registration form (share with participants): Healthy Home Tips with Aime Dean Registration Form</p>
<p>Allison Edwards</p>	<p>Topic: Anxiety in the Time of COVID Five Strategies to Help Children Manage Emotions Helping Kids Survive Virtual Learning Format: Asynchronous webinar Speaker Bio: HERE</p>	<p>Google Form Registration Link To fill out registration form (share with participants): Anxiety in the Time of COVID Registration Form</p>
<p>Robert Jamison</p>	<p>Topic: Finding Balance Goals and Motivation Resources and Self-Care Format: Asynchronous webinar Speaker Bio: HERE</p>	<p>Google Form Registration Link To fill out registration form (share with participants): Finding Balance Registration Form</p>

PARENT WELLNESS SESSIONS		
SESSION	DESCRIPTION	REGISTRATION LINK
Keeping your Kids Emotionally & Physically Safe Jan 28 Feb 2 Feb 10 Feb 13 (Spanish Version Available) Feb 24 March 9 March 10	An informative presentation that provides parents with resources, shares risk factors, and gives warning signs of suicide and self-injurious behaviors.	Registration Link (40 people max)