



THE PARENT ACADEMY

WINTER 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 11/10/20 – MINDFULNESS FOR FAMILIES

10 AM **1 PM**

This webinar demonstrates mindfulness practices for families.

TUESDAY 11/17/20 – HEALTHY EATING

10 AM **1 PM**

This webinar provides tips for families on how to create a healthy eating lifestyle.

TUESDAY 12/01/20 – PARENTING A SPECIAL NEEDS CHILD

10 AM **1 PM** **7 PM**

This webinar provides a parent's perspective on raising a child with a disability.

TUESDAY 12/08/20 – KEEPING OUR CHILDREN SAFE

10 AM **1 PM**

This webinar gives tips to families on how to protect children from abuse.

TUESDAY 1/05/21 – PARENT & STUDENT PORTALS

10 AM **1 PM** **7 PM**

This webinar provides parents with a guide on navigating the parent and student portals.

TUESDAY 1/12/21 – HOMEWORK HELP

10 AM **1 PM**

This webinar provides parents with tips on dealing with homework.

TUESDAY 1/19/21 – TEST ANXIETY

10 AM **1 PM**

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

TUESDAY 1/26/21 – CHALLENGING BEHAVIORS

10 AM **1 PM**

This workshop focuses on how to address challenging behaviors at home.

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