

Welcome Family Empowerment

Preparing students for a
Lifetime of Success



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Family

Empowerment Workshops

Provide a wide-variety of relevant and important information about parenting skills. Title I Parent Instructors work with all Title I campuses to conduct workshops and seminars for all parents. Workshops are available in both English and Spanish September through April. Workshops fit into one of four strands:

- *Parenting
 - *Home to School
 - *Health and Wellness
-



Parenting – To empower parents with tools to support students in becoming well-rounded and to help them achieve their maximum potential in school and life.



Home to School – To empower parents with the tools they need to support their students learning in the school. Help parents understand the day-to-day operation of the education system and processes to help parents be completely informed.



Health and Wellness – To empower parents with tools for a healthy lifestyle for their student. A healthy life-style and strong mind helps student perform better in school.



Parenting Support

Building Self-Esteem

This workshop will enhance participant's knowledge of self-esteem through interactive activities and discussion. During this workshop, participants will also learn how self-esteem in children is destroyed and how to rebuild it. Using praise and encouragement appropriately will help their child's continued healthy development.

Communicating with Your Child

Has communication between you and your child become a challenge? Join us as we identify different communication styles, types of barriers, and practice skills that will help you communicate with your child at all ages.

Communicating with Your Teen

Are you frequently puzzled by strained conversations with your teen? Is your teenager shutting you out? This workshop discusses the connection between teen brain development and communication and offers strategies for getting closer to the teenager in your house.

Co-Parenting: "We Are No Longer Together, Now What?"

Co-parenting is difficult when the parents have separated. This course will give parents tools to assist them in putting their children's needs first. The course will use a variety of engaging activities to show how the children feel about the separation, techniques to use when working with the other co-parent, self-realization, and do's and don'ts for new

Effective Discipline I

Do you flip your lid, give in or offer rewards when your child displays challenging behaviors? If yes, join us as we identify steps to take before addressing their behavior. Together, we will brainstorm ways to allow natural and logical consequences to become part of your effective discipline.

Effective Discipline II

Have you ever said, "My kids will never or not in my house," only to find out they did? It is hard to know what to do when children misbehave. Join us as we explore the 5 C's of effective discipline, parenting styles and temperament types. We will help you become more confident in handling misbehavior and helping children managing their own behavior.

Establishing Routines

This workshop will help participants establish predictable and consistent homework, bedtime, and morning routines. Participants will learn how to promote positive behavior, participation, flexibility, structure, and independence while ensuring that routines are followed daily.



Parenting Support



Helping Children Handle their Feelings*

Does it feel like everyone in the family is screaming at each other? Do your children melt down when told “no” or they are not getting their way? This session is designed to increase parent’s understanding and their abilities to recognize their own feelings as well as their children’s feelings. It is also designed to increase parent’s ability to help their children manage and express their feelings.

Keeping Your Child Safe

Learning safety rules give children the foundation for good decision-making and helps give parents peace of mind. This workshop provides participants with useful tips for teaching safety at home, car safety, stranger danger, and more.

Parenting Styles

Your parenting style can positively or negatively affect social-emotional skills and learning. Join us and learn how to support your child's healthy growth. Join us as we identify your parenting style and get ideas about how to strengthen your parenting skills.

Parenting the Strong Willed Child

“Must she always challenge me?” In this workshop, parents learn about the different traits of temperament and how these relate to the strong-willed child. The curriculum also includes: how parent temperament and parenting style affect child behavior, effective and respectful discipline techniques for the strong-willed child, and ways to nurture the child’s positive qualities.

Peer Pressure

What is Peer Pressure REALLY and should I be WORRIED? No matter how strong or confident a young person may feel, it is sometimes hard to resist peer pressure. This workshop will provide participants information to recognize and understand the effects of peer pressure and how to help children get out of “sticky”, peer pressure situations.

Sibling Rivalry

Every parent dreads the shrill of two children bickering, “She’s touching me” or “Why do you always get to go?” Siblings who bicker can wear their parents down. Is it possible that parents are fueling sibling rivalry? In this insightful workshop, participants will discuss the causes and benefits of sibling rivalry as well as techniques to help children develop the necessary tools to manage conflicts on their own.



Parenting Support

Single Parent Survival*

Learn ways to cope with common single parent challenges such as guilt, stress, communication, feelings of loneliness, and new relationships. Available in two-hour and one-hour formats.

Staying Engaged with Your Junior High Student, Step Back, Not Out

The junior high years can be tough for both the student and parent. The tug-of-war for independence becomes a daily challenge and young teens say, “Step Back!” Explore ways to stay engaged, navigate the important junior high years, and determine how to step back, but not out.

Strengthening Step Families*

Blended family, stepfamily, non-traditional family – how do we bring everyone together? Participants will learn both the myths and realities of stepfamilies while discussing what it is that makes stepfamilies are so unique. This class offers guidelines to help reduce the conflict surrounding stepfamily problems.

Strengthening Your Childs Character

Are you looking for ways to strengthen your child’s character? This workshop will discuss strengthening your child’s character based on developmental stages and focus on who and what influences children’s character. Through discussion and role-play, we will explore ways to teach children how to respect others, show kindness and have good manners.

Taking Care of Anger

Anger is a natural human emotion, but the hard part is learning what to do with these strong feelings. This workshop engages participants through learning about the causes and components of anger, how it is expressed, and healthy ways to deal with it.

Teen Drama

This workshop will engage participants through facts and interactive activities to explain where and why adolescents think, act, and behave the way they do during this stage of life. Additionally, we will discuss numerous ways to keep children's self-esteem high. Overall, these behaviors may make parents’ lives feel like a soap opera!

Who’s In Charge?

Who’s really in charge? This workshop teaches participants about the parent’s role as it pertains to guidance, positive discipline, follow-through, and parenting styles.



Home to School



Helping Children Deal with Stress and School Testing *

This class teaches participants to recognize and respond appropriately to the positive and negative feelings of children and how to help them cope with the stresses they face.

How do I Pay for it All?

Our inspirED FAFSA workshop assists students and parents with filing the Free Application for Federal Student Aid, otherwise known as the FAFSA.

How to Solve Conflict Peacefully

Equipping your child with the right set of tools to resolve conflict can help to create positive outcomes and build important life skills. This workshop outlines ways to settle disagreements peacefully, and pinpoints healthy and unhealthy ways to handle conflict.

Is it Bullying or Bad Behavior?

Did you know that parents, school staff and other adults in the community can help kids prevent bullying? Explore more about the difference between bullying and bad behavior. Discover what adults can do to create a safe school environment and how to build prevention strategies. Let's work together to stop bullying.

Let's Go to College!

Our inspirED college preparation workshop encourages students and families to be college-ready. Participants receive guidance on the college admissions process, including tests, scholarships, and the online financial aid application.



Home to School

Making the Most of Parent Teacher Conference

This workshop will identify ways that participants can prepare for parent-teacher conferences. Best practice strategies will be presented for participants to use during their conference time. Also, participants will gain hands-on experience by preparing questions to ask during the conference and as role-playing a parent-teacher conference.

Math at the Grocery Store

The grocery store is one of the best examples of a place where math is real. Measurement, estimation, and counting can be regularly practiced and strengthened through everyday activities with your kids at the store. This workshop uses real-world examples to help participants teach valuable math skills during trips to the grocery store.

Successful Back to School Strategies

Starting back to school is SUPER for some and STRESSFUL for others. Share and learn successful, positive strategies for morning, bedtime, and homework routines. Learn the keys to involving children in activities while avoiding the stress and strain of talking too much.

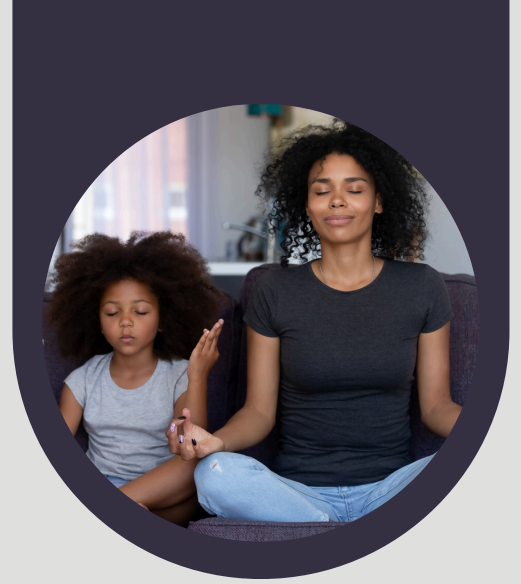
Summer Learning: Stay Sharp in the Summer

Do you hear "I'm bored" a few days into summer break? Are you trying to decide how to fill the longer days? Children lose reading and math skills over the summer, but we can help you support reading and math while ending boredom with fun, practical hands-on activities. Join us as we share ways to keep children learning and prevent summer learning loss.





Health & Wellness



Getting to Know You

How well do you know yourself? What really makes you TICK? Your personality color RED, GREEN, BLUE or YELLOW, gender and birth order all play a role in the way you parent and relate to your children. Getting to Know You will explore what makes you tick through fun and interactive activities that will give you a better understanding of yourself and your child.

Internet Safety

The internet is part of our children's everyday lives. There are many educational opportunities, but there is also danger on the worldwide web. Join us for an informative session on how to spot fake apps, the effects of excessive screen time, and how to protect your child from predators. Discover ways to make the internet a safer place for your child.

Social Media & Mental Health

The digital world is changing—and so are the challenges our children face. Every click, post, and conversation matters. Join us to discover how social media impacts youth mental health and learn practical strategies to build healthy digital habits and stronger family connections.

Talking to Your Adolescence about their Mental Health

Families play an important role in their teens life and this includes their mental health. Join the conversation facilitated by a member of the Family and Community Engagement Department to learn tips about warning signs, stigmas associated with mental health, what to be mindful about during conversations with your teen, and more. Remember that mental health discussions may not be a one-time conversation. Continuously foster an open and supportive environment and encourage ongoing communication.



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Teen Dating Awareness

Ensuring that your teen is equipped with the tools necessary for healthy relationships might seem challenging. Join the conversation led by experienced facilitators, the workshop focuses on topics such as communication, consent, boundaries, and recognizing signs of abuse. Participants will leave this workshop with some tools to empower teens to build strong, positive, and mutually supportive relationships throughout their teenage years and beyond.

Unpacking Resilience in Children

As a parent, you know life can be difficult. You want the best for your children, even though times are hard. Unpacking Resilience in Children will give you the tools to help your family navigate the tough times and help children thrive emotionally for the best life ahead.





Fathers & Families

Empowerment & Enrichment Workshops

We are thrilled to introduce our Fathers & Families Empowerment and Enrichment Sessions, a comprehensive series of workshops aimed at enriching the lives of both fathers, father figures, and their families. This innovative program is designed to expose participants to current evidence-based practices, fostering meaningful connections and strengthening family bonds. By participating in these opportunities, fathers and father figures foster intergenerational learning and strengthen their capacity to build meaningful relationships within their school community—creating a supportive environment where their child(ren) can flourish academically, socially, and emotionally. Join us on this transformative journey towards building stronger, more connected school communities!



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Parenting Support

A. Life Skills & Personal Development

Topics

Description

Growth Mindset
& GRIT

Fathers and father figures can model and instill resilience, perseverance, and teach their child(ren) to embrace failure as a part of learning.

Financial Literacy
101

Teaching students about saving, budgeting, and responsible spending through shared activities (e.g., allowance management).

Goal Setting &
Time Management

Fathers and father figures guide their child(ren) in organizing their schedules, managing school work, and planning for the future.

The Power of
Habits

Fathers, father figures, and their child(ren) co-create positive daily routines and rituals that support discipline and well-being.

The Legacy We
Leave: Fatherhood
& Family Culture

Reflects on the power of father/father figure engagement and how our family values, personal character, and traditions impact the legacy fathers/father figures want to pass down to their child(ren).



Parenting Support



A. Life Skills & Personal Development (Adults ONLY)

Topics

Description

Navigating
Co-Parenting
while Staying
Engaged

For fathers parenting across households,
equipping them to stay engaged and cooperative.

Fatherhood and
Identity: Breaking
Generational
Patterns

Helps father/father figures redefine manhood,
addresses trauma, and builds emotional literacy
for their child(ren). *Can be modified for staff
development!*

Digital Literacy
& Cyber Safety

Fathers and father figures can learn how to
monitor tech use and help their child(ren)
understand safe, ethical behavior online.





Home to School

B. Supporting Learning at Home

Topics

Description

Cultivating a Love for Reading at Home

Fathers and father figures explore and implement practical reading strategies, empowering families to foster a culture of reading at home.

Cracking the Code: How Schools Really Work

Fathers and father figures often want to support but feel unsure of school routines, structures, or jargon. This session demystifies the system—from who to talk to, how classes are scheduled, to what school reports mean—making them feel confident and connected! *Collaboration with School Leaders and Stakeholders is IMPERATIVE.*

Bridging Home and School: Simple Ways to Support Learning at Home

Gives fathers and father figures practical, low-pressure strategies they can use to reinforce school learning—like reading together, asking high-quality questions, and tracking progress.

Your Voice Matters: Partnering in the ARD or Parent-Teacher Conference

Encourages active father/father figure participation in meetings that shape student success. This topic teaches how to prepare questions, offer insights, and ensure their child's needs are being met.

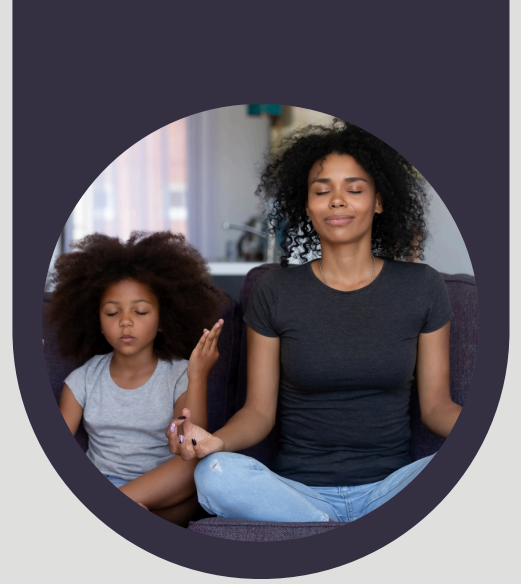
Relational Discipline

Exposes fathers and father figures to alternative discipline approaches through the utilization of restorative practices/discipline.





Health & Wellness



C. Social-Emotional Learning & Mental Wellness

Topics

Description

Emotional Intelligence
for Fathers/Father
Figures and Kids

Fathers and father figures learn to name, model, and regulate emotions while educating their child(ren) to do the same.

Healthy Masculinity

Fathers and father figures model empathy, strength, and respect---dispelling outdated stereotypes.

Handling Stress
& BIG Emotions

Fathers and father figures demonstrate simple tools to teach their child(ren) how to decompress and manage emotions constructively.

Building Self-Esteem
at Home

Fathers and father figures affirm their children's worth through language, praise, and quality time.

The 5 Love
Languages for
Motivation

Helps fathers and father figures communicate appreciation, affection, and praising effort over punishment, resulting in effective motivation.

