

Parent Empowerment Workshops

Active Parenting	
Active Parenting: Being an Involved Parent	Understanding Depression and preventing teen suicide
Attendance, Why does it matter	Children and times of crisis
Discipline 101- Positive Guidance and Discipline	Non-Violent communication in the family
Effective Discipline: Knowing your rights as a parent	Techniques for Communicating with your Adolescent Child
Helping children prevent or react to sexual harassment	Teen Dating Relationships
Appreciating diversity: Providing support for your child	Child emotional distress and how to help regulate it
Personal Finances- Learning essential personal finance skills	Strategies for self-regulation and emotional support in families in times of crisis
Job Finding Skills- interviewing skills and resume building	Strengthening your child's confidence and resilience
Student Drug Use: Effects and Prevention Strategies	Losing without losing: The grieving processes
College Preparatory Assistance: How to Pay for College	Special Needs Children
College and Career Readiness: Preparing your child for college	Mental health and bodily injuries in minors
I'm Ready for College...Now What?	The impact of television (and tablets) on children
Techniques for Parenting and/or Working with ADHD children	The importance of emotional education for children
Gentle Parenting Series (structured as a 3-part series designed to build skills progressively)	
Gentle Parenting #1- Gentle vs. Permissive	Gentle Parenting #2- Boundaries Without Battles
Gentle Parenting #3- Emotional Regulation and Raising Emotionally Intelligent Children	
"How to Raise Emotionally Healthy Children" Parenting Classes	
How to Raise Emotionally Healthy Children (Condensed)	Becoming a Professional at Parenting (childrearing is too important to leave to chance)
The 5 Critical Needs of Children	From Chaos to Control: Simple tools to regain calm and balance
Family Situations (a closer look at behavior that helps and behavior that hurts)	Strengthening Families and Schools (creating and extending a sense of community)
Breakthrough Parenting Classes*	
Three Approaches to Parenting and Making the Shift	How Children Think
Understanding the Source of Behavior and Teaching Responsibility	Reducing Stress in Your Family and Resolving Family Conflicts
Helping Children Build Healthy Self-Esteem	Talking About Sensitive Subjects
Communicating Effectively	Influencing Your Children Positively, Problems with Punishment, & Discipline
Creating a School Partnership	
Intro to Common Core	Reinforcing Common Core Reading Strategies In The Home
Improving Literacy Skills	Effective Parent-Teacher conferences- Tips and strategies
Overcoming the Language Barrier- Comprehension strategies	Homework Strategies for Parents ELL Focus
Helping Your Child Succeed in School	Different Learning Styles- Capitalizing on your child's strengths at school and home
Utilizing my child's multiple intelligences*	Preparing my child for reading*
Preventing the "Summer Slide"- keeping your child engaged in the summer	Time Management and Organization techniques for Kids

Preparing my child for writing*	How does my child learn? *
How to support my child for State testing*	New school year prep (Academic brush up)*
Language barriers & Curriculum ELL Support*	Optimizing the Home learning enviornment*
Anti-Bullying	
Bullyingproofing our Kids (Part 1)- What is bullying? What are the signs?	Cyberbullying (Part 1)- What is Cyberbullying? Social media explained
Bullyingproofing our Kids (Part 2)- Prevention and Response	Cyberbullying (Part 2)- Prevention and Response
Health and Nutrition	
Health and Fitness	Get packin...How to make a healthy lunchbox (No more picky eaters!)
Stress Management Skills using Yoga	Parenting Mental Health (Movement, Hydration &Mental Stimulation)
Health, Fitness and Mobility Using different Music Genres (Morning Start)	Strengthening Mental Health, though breathing and Meditation
Nutrition for the whole family- Healthy eating tips	“Zumba” Latin Dance

90 min In-Person Workshop Pricing 2 workshops- \$2000 NEW Gentle Parenting 3 Workshop series (SPECIAL rate)-\$2500 4 workshops- \$3500 6 workshops- (\$4595 Early Bird Savings Offer) \$4800 8 workshops- (\$5600 Early Bird Savings Offer) \$6000 10 workshops- \$6750 15 workshops- \$9750 *Digital Flyer Included	1 hour Virtual Workshop Pricing 2 workshops- \$1800 NEW Gentle Parenting 3 Workshop series (SPECIAL RATE)- \$2300 4 workshops- \$3150 6 workshops- \$3995 8 workshops- \$4800 10 workshops- \$5750 15 workshops- \$8250 *Digital Flyer Included
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Translator Available @ \$150.00 per workshop
Budget Fillers

Digital Marketing (Workshop series flyer sent to Principal)	*Included
Workshop reminders (Email reminders sent to Principal prior to workshop)	*Included
Professional Facilitator Welcome Video	*Included
Premium Signage (4ft Steel A-Frame)	50.00 per workshop (Popular)
Snacks & Refreshments	125.00 per workshops
Professional Certificates of Completion for all attendees	150.00 Flat Rate (Popular)
Professional Video Recap/commercial created 3 min	300.00 Sent at close of workshop series

* When choosing an odd # of workshops, site will be charged based on the prior workshop tiered rate. Example a request for 3 workshops will be charged at the 2 series workshop rate (2 workshop rate being 1000.00 per workshop, so 3 workshops be 3000.00)

***Ask about Hybrid Options**

For questions or to schedule workshops please contact Raymond Washington at mobile (626) 665-8321 or email rwashington@parentempowermentprograms.com