

Parent Empowerment Workshop Catalog

Complete workshop menu with full descriptions and updated counts

Gentle Parenting Series (NEW - Complete 3 Workshop Series)

Gentle Parenting #1 - Gentle vs. Permissive

The first workshop in this 3-part series has a goal of defining what "Gentle Parenting" really means. We review how true Gentle Parenting means holding clear boundaries and consequences while teaching emotional regulation.

Gentle Parenting #3 - Emotional Regulation and Raising Emotionally Intelligent Children

The third workshop in this series dives into emotional regulation. We review brain science basics, co-regulation tools, and the importance of raising emotionally intelligent children.

Gentle Parenting #2 - Boundaries Without Battles

The second workshop in this series guides parents on how to de-escalate when their child is dysregulated. We review communication scripts and calm authority strategies.

Active Parenting

Active Parenting: Being an Involved Parent

Many parents want to be involved in their children's lives but either don't know how to or don't have the time. In this workshop we discuss different ways of being an active parent and being involved in their child's life

Discipline 101 - Positive Guidance and Discipline

Description available upon request.

Helping children prevent or react to sexual harassment

Parents learn age-appropriate ways to teach children body safety, boundaries, prevention skills, and how to respond if inappropriate behavior occurs.

Personal Finances - Learning essential personal finance skills

Description available upon request.

Student Drug Use: Effects and Prevention Strategies

Drug use in teens has increased dramatically. We will discuss some of the early indicators of drug use and symptoms to look for to determine if your children are using drugs

College and Career Readiness: Preparing your child for college

This workshop discusses how parents can prepare their child for college. We discuss how GPA, school involvement, classes taken, etc. can all be used to prepare their child. This course is for parents with students of all ages.

Techniques for Parenting and/or Working with ADHD children

Whether you are the parent/relative of a child with ADHD or work with children with ADHD, this workshop will review useful techniques when building relationships and working with these children.

Children and times of crisis

This workshop defines what crisis is, how it affects children, and how parents can support children during challenging times.

Attendance - Why does it matter

The workshop covers the underlying issues that cause persistent poor attendance and helps parents to learn and implement solutions that address this concern.

Effective Discipline: Knowing your rights as a parent

This workshop helps parents better understand effective discipline, positive guidance, and the important role parents play in advocating for healthy, appropriate expectations for children.

Appreciating diversity: Providing support for your child

Description available upon request.

Job Finding Skills - interviewing skills and resume building

With the unemployment rate being so high, this workshop is a wonderful way to help your parents perfect their resume, job finding skills, and interviewing skills. We will discuss online applications and give tips on how to improve (or create) the perfect resume. We will use roleplays to help parents practice good interviewing skills

College Preparatory Assistance: How to Pay for College

Many parents and students don't think they can go to college because of the cost. In this workshop we discuss different options available to help carry the financial burden. Parents will receive great tips and tricks on how to save money on books, scholarships that may be available to them, and how to apply

I'm Ready for College...Now What?

In this session, parents learn how to support their teens through college preparation—from meeting prerequisites (SATs, essays, volunteer hours) to navigating applications, choosing the right college and major, and understanding financial aid and scholarships.

Understanding Depression and preventing teen suicide

Adolescents go through so many stages that it makes it difficult to know which ones to take seriously. This workshop goes through the basics of understanding what depression is, symptoms, and prevention or treatment.

Non-Violent communication in the family

This workshop focuses on helping family members develop healthier, more empathetic communication patterns that will lead to a more peaceful and supportive home environment.

Techniques for Communicating with your Adolescent Child

Adolescence is always very tough for both adolescents and the parent. In this workshop we will discuss ways to successfully communicate with your adolescent child including how to prepare your pre-adolescent child for adolescence.

Child emotional distress and how to help regulate it

This workshop, created by PE staff, Dr. Karla Silard reviews the definition of self-regulation, practical steps for achieving it, and the crucial role families play in supporting emotional development. The session will also cover effective strategies for providing emotional support and highlight the key traits of functional families

Strengthening your child's confidence and resilience

During this workshop, the parents will learn about trust, resilience, attachment, and its importance through sharing of history and definitions based on research. They will also reflect and learn tips for strengthening trust and resilience in their children.

Special Needs Children

Parents, relatives, and General Ed. teachers of special needs children will benefit greatly from attending this workshop. In this workshop we will review different special needs and best practices when working with and building relationships with these children

The impact of television (and tablets) on children

This workshop talks about psychological child development and exposure to screens during different stages of a child's life. It teaches parents how to establish healthy boundaries and successfully implement strategies for regulating screen time for children.

Teen Dating Relationships

This workshop focuses on teen dating relationships and how parents can approach this subject with their children.

Strategies for self-regulation and emotional support in families in times of crisis

This workshop provides practical strategies families can use to support self-regulation, reduce stress, and strengthen emotional support during times of crisis.

Losing without losing: The grieving processes

This workshop helps parents understand grief, recognize how loss affects children and families, and learn supportive ways to respond during the grieving process.

Mental health and bodily injuries in minors

Parents learn how mental health concerns, stress, and trauma can show up in children physically and emotionally, along with practical ways to respond and seek support.

The importance of emotional education for children

This workshop explores why emotional education matters and how parents can intentionally teach children the skills needed to understand, express, and manage feelings.

How to Raise Emotionally Healthy Children

How to Raise Emotionally Healthy Children (Condensed)

Created by The Children's Project, this workshop discusses how to meet the emotional needs of babies, toddlers, children, and teenagers. It provides powerful and practical concepts and tools that enable parents to interact with children and with each other in emotionally healthy ways.

The 5 Critical Needs of Children

Description available upon request.

Family Situations (a closer look at behavior that helps and behavior that hurts)

Parents will examine different family situations and examples to learn what hurtful behavior looks like and what helpful behavior looks like. You will also learn what are some positive constructive responses in relation to the five critical needs of children.

Becoming a Professional at Parenting (childrearing is too important to leave to chance)

This workshop encourages intentional parenting by helping adults reflect on their approach, strengthen skills, and use purposeful tools that support healthy child development.

From chaos to control: simple tools to regain calm and balance

Parents learn simple, practical strategies that help restore calm, create structure, and build a more balanced home environment.

Strengthening Families and Schools (creating and extending a sense of community)

This workshop focuses on building stronger family-school connections and expanding a sense of belonging, support, and shared responsibility for children.

Breakthrough Parenting Classes

Three Approaches to Parenting and Making the Shift

Parents examine three common approaches to parenting and learn how to make meaningful shifts toward healthier, more effective parenting practices.

Understanding the Source of Behavior and Teaching Responsibility

Description available upon request.

Helping Children Build Healthy Self-Esteem

Description available upon request.

Communicating Effectively

This workshop helps parents strengthen communication habits so they can reduce conflict, improve understanding, and build stronger relationships with children.

How Children Think

Parents will learn about their children's multifaceted mind and different ways they learn.

Reducing Stress in Your Family and Resolving Family Conflicts

Description available upon request.

Talking About Sensitive Subjects

Parents learn practical ways to approach difficult conversations with children and teens in honest, age-appropriate, and supportive ways.

Influencing Your Children Positively, Problems with Punishment, and Discipline

This workshop explores how parents can influence children positively, understand the limitations of punishment, and use healthier discipline strategies instead.

Creating a School Partnership

Intro to Common Core

This workshop breaks down some of the key components that are being introduced with CCSS and how parents can help reinforce these skills with their children at home.

Overcoming the Language Barrier - Comprehension strategies

Description available upon request.

Effective Parent-Teacher conferences - Tips and strategies

Description available upon request.

Helping Your Child Succeed in School

Description available upon request.

Utilizing my child's multiple intelligences

This workshop helps parents recognize multiple intelligences and use that understanding to better support learning, confidence, and academic engagement.

Preventing the "Summer Slide" - keeping your child engaged in the summer

Description available upon request.

Preparing my child for writing

This workshop introduces age-appropriate activities and strategies parents can use at home to strengthen writing readiness and confidence.

How to support my child for State testing

Description available upon request.

Language barriers & Curriculum ELL Support

This workshop gives families tools for supporting English learners and navigating curriculum demands even when language barriers are present.

Improving Literacy Skills

Parents often struggle with teaching their children literacy skills. In this workshop we go over some strategies parents can use at home to improve their child's literacy skills

Reinforcing Common Core Reading Strategies In The Home

Description available upon request.

Homework Strategies for Parents ELL Focus

Description available upon request.

Different Learning Styles - Capitalizing on your child's strengths at school and home

Parents learn how different learning styles affect school success and how to build on a child's strengths both at home and in the classroom.

Preparing my child for reading

Parents learn practical at-home strategies that build early literacy readiness and support children as they prepare to read.

Time Management and Organization techniques for Kids

Parents learn practical techniques that help children become more organized, manage time better, and build independence with school responsibilities.

How does my child learn?

This workshop helps parents understand how their child learns best so they can provide more targeted support at home.

New school year prep (Academic brush up)

Families receive practical ideas for reviewing skills, rebuilding routines, and helping children start the school year prepared and confident.

Optimizing the Home learning environment

Parents learn how to set up routines, spaces, and habits at home that promote focus, consistency, and school success.

Anti-Bullying

Bullyproofing our Kids (Part 1) - What is bullying? What are the signs?

This workshop will discuss ways to prevent and respond to bullying among youth. Parents frequently worry that their children will become victims of bullies and are not sure how to respond if this happens. Several practical prevention and intervention strategies that can be implemented immediately in the home environment will be presented and discussed. Recommended to do both part 1 and 2

Bullyproofing our Kids (Part 2) - Prevention and Response

This workshop will discuss ways to prevent and respond to bullying among youth. Parents frequently worry that their children will become victims of bullies and are not sure how to respond if this happens. Several practical prevention and intervention strategies that can be implemented immediately in the home environment will be presented and discussed. Recommended to do both part 1 and 2

Cyberbullying (Part 1) - What is Cyberbullying? Social media explained

This workshop will discuss ways to prevent and respond to cyberbullying among youth. A number of practical strategies related to cyberbullying and internet safety that can be implemented immediately in the home environment will be presented and discussed. Recommended to do both part 1 and 2

Cyberbullying (Part 2) - Prevention and Response

This workshop will discuss ways to prevent and respond to cyberbullying among youth. A number of practical strategies related to cyberbullying and internet safety that can be implemented immediately in the home environment will be presented and discussed. Recommended to do both part 1 and 2

Health and Nutrition

Health and Fitness

This workshop gives a basic overview of health and fitness including how to fit exercise into a hectic schedule.

Stress Management Skills using Yoga

A certified Yoga instructor will discuss the benefits of Yoga and stress management. They will then instruct parents on Yoga poses and breathing techniques geared towards lowering and managing stress.

Health, Fitness and Mobility Using different Music Genres (Morning Start)

Families learn how to use music, movement, and simple routines to increase fitness, mobility, and energy at home.

Nutrition for the whole family - Healthy eating tips

Description available upon request.

Get packin...How to make a healthy lunchbox (No more picky eaters!)

Parents learn practical lunchbox strategies, healthier food ideas, and simple ways to support better eating habits even with picky eaters.

Parenting Mental Health (Movement, Hydration & Mental; Stimulation)

This workshop highlights how movement, hydration, and daily mental stimulation can improve parent wellness and support overall family health.

Strengthening Mental Health, through breathing and Meditation

Parents practice breathing and meditation strategies that can reduce stress, strengthen emotional wellness, and support mental health.

Zumba Latin Dance

A certificated Zumba instructor will review the benefits of consistent exercise and conduct a "Zumba" class. It's fun, effective and best of all? Made for everyone! No dance skills needed!