

Parent & Caregiver Workshop Series

Presented by PGUSD

Please join us for this wonderful opportunity for parents and caregivers! It's not too late to sign up!!!

PGUSD is partnering with the Institute for Social and Emotional Learning (IFSEL). IFSEL works with schools and districts around the world to empower educators, young people, and parents to transform their schools into caring, inclusive communities. Since 2009, IFSEL has worked with 7000+ educators from over 700 schools to nurture a whole community approach to social and emotional health and wellbeing. Learn more about [IFSEL](#) and the [team](#).

Please register each member of your household who will be attending this three part series. Here is the registration link:

<https://www.eventbrite.com/e/149331108365/>

Parents will receive links to the live zoom events once they register. Below is more detailed information about this parent and caregiver workshop series.

Learn more about the IFSEL parent and caregiver workshop series through the video link below:

Introductory IFSEL YouTube video:

<https://www.youtube.com/watch?v=J9-clD3COXg>

LIVE WORKSHOP 1: Big Moments: Bringing Calm When Emotions Run High

When

Tuesday, April 20th, 6:30-8pm

Where

This is an online event.

More information

This session offers parents an opportunity to reflect on the full range of emotions that parents and children might experience, particularly during this pandemic. We will offer a framework and practical strategies for managing and regulating our own emotions as well as coaching our children to better manage theirs.

- Learn high impact strategies to help kids manage big or difficult feelings
- Focus on 'Listening for Connection' in our conversations with our families
- Explore how we as adults can model emotion management for our children
- Learn tools for emotion check-ins and appreciation rituals for the whole family

Recorded Link to see this session:

Copy the link below to share this recording with viewers:

https://us02web.zoom.us/rec/share/ENLgCILzLYUa5_sNCesf6mJod0URkA9g-wwzc_aeNX-Gk8Xt82xrQVIXsl8mJpLx.cqU64htddkq2yR9t

Passcode: nhd6hZ6%

Younger grades recording:

Copy the link below to share this recording with viewers:

<https://us02web.zoom.us/rec/share/rxInpYlsp-cbOH9R8MdU9Z0-xl2cS3Qnb0sTHMSH9vAiq59JWMR68tJ9hm9rm-3-qn2KfIU97dd5whPG>

Passcode: gVM?!5y+

LIVE WORKSHOP 2: Communication and Conflict: Building and Repairing Relationships and Getting to Peace

When

Tuesday, May 4th, 6:30-8pm

Where

This is an online event.

More information

This session offers parents practical tools to build and maintain positive approaches to communication within the family and explores ways to repair and heal relationships when conflict arises or communication falters. We will focus on active and reflective listening, styles of communication, and practices for conflict transformation.

- Reflect on the different reactions to conflict and how we learn about conflict in our lives
- Explore tools such as 'Assertive Communication' and 'Reflective Listening' and how they can support positive communication throughout the family.
- Focus on approaches to bring calm and peace into our family climate.

LIVE WORKSHOP 3: The Open Session for Parents: Facilitated Peer-to-Peer Support

When

Wednesday, May 19th, 6:30-8pm

Where

This is an online event.

More information

Parents will be invited to anonymously share dilemmas, decisions, or concerns they are facing. IFSEL will facilitate peer-to-peer sharing of support, clarification and wisdom. You do not need to have a specific dilemma or concern to join this session. All are welcome to share, listen and support your community.

- Anonymously share real-life challenges and dilemmas you're experiencing
- Get support, insight and ideas from fellow parents
- Build connection and empathy within your community



