

2021 WCASD Parent Workshop Series

All presentations listed below are free to attend and provided by the WCASD Mental Health Specialists and pupil services staff. Each workshop will focus on a different topic that will provide you with strategies and tools to help support your student's emotional health. **All sessions will be held virtually from 7-8:00 PM on the last Tuesday of the month.**

26
JANUARY

The Impact of Stress: Strategies to Help

Topics Include: Stress Reactions, Stress Reduction, Feeling Overwhelmed, & Ways to Manage Stress

Behavior & Contingencies

Topics Include: Understanding & Setting Limits, Accountability, & Positive Reinforcement

23
FEBRUARY

30
MARCH

Supporting Positive Relationships

Topics Include: Quick Conversation Starters, Types of Positive Relationships, & Reducing Isolation

Signs of Struggling: Strategies to Help

Topics Include: Anxiety, Depression, Substance Use, & Suicidal Thoughts

27
April

25
May

Anxiety

Topics Include: Worry, Irrational Fears, Generalized Anxiety, & Obsessive Thinking/Compulsive Behaviors



Register to receive a Zoom link to attend visit <https://www.wcasd.net/Page/9691> or click Free Parent Workshops under Quick Links on the WCASD home webpage.