

# PARENT / FAMILY WORKSHOP SERIES



Supporting Our Children, Strengthening Our Families

P.S. 189 invites parents and caregivers to a three-part evening workshop series designed to support families as they navigate today's social, emotional, and academic challenges.

FEBRUARY  
3

Tuesday, 5:30 p.m.

*Session 1: Raising Children in a Digital & Social World*

Families will learn how to support children with bullying, peer relationships, screen time, and video game use.

MARCH  
3

Tuesday, 5:30 p.m.

*Session 2: Parent Self-Awareness & Emotional Capacity*

Families will understand how adult stress, regulation, and communication impact children—and receive practical strategies they can use at home.

MARCH  
10

Tuesday, 5:30 p.m.

*Session 3: Navigating Transitions with Confidence*

Families will receive support for preparing children and themselves for the middle-to-high school transition, school placement decisions, and emotional readiness for what's next.

*Families are encouraged to attend all three sessions for the full experience.*

*Light refreshments and a raffle prize will be provided.*

## WHO SHOULD ATTEND

All P.S. 189 parents and caregivers are welcome.

Facilitated by Arlène Casimir, The Awakened Teacher & Family Specialist

