

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, 6:00 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, 6:00 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, 6:00 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



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ENGLISH

P.S. 189 Parent Workshop Series

Supporting Our Children. Strengthening Our Families.

P.S. 189 invites parents and caregivers to an important three-part workshop series created to support families during a critical time in their children's social, emotional, and academic development.

These sessions are designed to help parents feel informed, supported, and confident as partners in their children's growth.

Topics Include

- Bullying and peer relationships
- Screen time and video game use
- Parent self-awareness and emotional regulation
- Preparing for the middle-to-high school transition

Dates (Tuesdays, 2026)

- February 3, 2026
- February 24, 2026
- March 10, 2026

Time

6:00 PM

Location

P.S. 189
1100 East New York Avenue
Brooklyn, NY 11212

Families are strongly encouraged to attend all three sessions.
Prizes and incentives will be provided.



PARENT/FAMILY WORKSHOP SERIES



 KREYÒL AYISYEN

Seri Atelye pou Paran P.S. 189

Sipòte Timoun Nou Yo. Ranfòse Fanmi Nou Yo.

P.S. 189 envite paran ak moun k ap pran swen timoun yo nan yon seri twa atelye enpòtan pou ede fanmi yo sipòte devlopman sosyal, emosyonèl, ak akademik timoun yo.

Atelye sa yo fèt pou ede paran yo santi yo pi prepare, pi enfòme, epi pi soutni.

Sijè Yo Enkli

- Entimidasyon ak relasyon ant timoun
- Tan ekran ak jwèt videyo
- Konsyans ak kontwòl emosyonèl paran yo
- Preparasyon pou tranzisyon soti nan lekòl presegondè pou rive lekòl segondè

Dat (Madi, 2026)

3 fevriye 2026

24 fevriye 2026

10 mas 2026

Lè

6:00 PM

Kote

P.S. 189

1100 East New York Avenue

Brooklyn, NY 11212

Nou ankouraje fanmi yo patisipe nan tout twa sesyon yo.
Pral gen kado ak ankourajman.



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FRANÇAIS

Série d'ateliers pour parents – P.S. 189

Soutenir nos enfants. Renforcer nos familles.

L'école P.S. 189 invite les parents et les familles à une série importante de trois ateliers visant à soutenir le développement social, émotionnel et scolaire des enfants.

Ces ateliers sont conçus pour aider les parents à se sentir informés, soutenus et confiants.

Thèmes abordés

- Harcèlement et relations entre pairs
- Temps d'écran et jeux vidéo
- Conscience émotionnelle des parents
- Transition du collège au lycée

Dates (Mardis, 2026)

3 février 2026

24 février 2026

10 mars 2026

Heure

18h00

Lieu

P.S. 189

1100 East New York Avenue

Brooklyn, NY 11212

La participation aux trois séances est fortement recommandée.

Des prix et des incitations seront offerts.



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ESPAÑOL

Serie de Talleres para Padres – P.S. 189

Apoyando a Nuestros Hijos. Fortaleciendo a Nuestras Familias.

P.S. 189 invita a padres y cuidadores a una importante serie de tres talleres diseñados para apoyar el desarrollo social, emocional y académico de los estudiantes.

Estos talleres ayudarán a las familias a sentirse más informadas, apoyadas y preparadas.

Temas Incluyen

- Acoso escolar y relaciones entre compañeros
- Uso de pantallas y videojuegos
- Conciencia y regulación emocional de los padres
- Preparación para la transición a la escuela secundaria

Fechas (Martes, 2026)

3 de febrero de 2026
24 de febrero de 2026
10 de marzo de 2026

Hora

6:00 PM

Lugar

P.S. 189
1100 East New York Avenue
Brooklyn, NY 11212

Se recomienda encarecidamente asistir a las tres sesiones.
Habrá premios e incentivos.



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لعربية

P.S. 189 - سلسلة ورش عمل أولياء الأمور

دعم أطفالنا. تقوية أسرنا.

أولياء الأمور ومقدمي الرعاية إلى سلسلة مهمة من ثلاث ورش عمل P.S. 189 تدعو مدرسة لدعم النمو الاجتماعي والعاطفي والأكاديمي للطلاب.

تهدف هذه الورش إلى مساعدة الأسر على الشعور بالدعم والمعرفة والاستعداد.

الموضوعات

- التنمر والعلاقات بين الأقران
- استخدام الشاشات وألعاب الفيديو
- الوعي والتنظيم العاطفي للوالدين
- الاستعداد للانتقال إلى المرحلة الثانوية

التواريخ (أيام الثلاثاء، 2026)

فبراير 2026 3

فبراير 2026 24

مارس 2026 10

الوقت

مساءً 6:00

المكان

P.S. 189

1100 East New York Avenue

Brooklyn, NY 11212

يُنصح بشدة بحضور جميع الجلسات الثلاث.
ستتوفر جوائز وحوافز.



PARENT/FAMILY WORKSHOP SERIES



中文（普通话）

P.S. 189 家长系列讲座

。支持孩子成长。强化家庭力量

P.S. 189 诚邀家长和监护人参加一项重要的三场家长讲座系列，帮助家庭支持孩子的社会、情绪和学业发展

。本系列旨在帮助家庭感到被支持、被尊重，并更有信心陪伴孩子成长

讲座内容

- 校园欺凌与同伴关系
- 屏幕使用与电子游戏管理
- 家长的情绪意识与调节
- 升入高中阶段的准备

日期（星期二，2026年）

2026年2月3日

2026年2月24日

2026年3月10日

时间

下午6:00

地点

P.S. 189

East New York Avenue 1100

Brooklyn, NY 11212

。强烈建议家长参加全部三场讲座
。现场将提供奖品和激励

