



WINTER 2026 FAMILY ENGAGEMENT WORKSHOPS

PLEASE JOIN US FOR OUR *VIRTUAL* CAREGIVING WORKSHOPS,
EVERY MONDAY AND TUESDAY EVENING THIS WINTER!

1/26



Jan. 5, 6: Creating a Healthier Life

Jan. 12, 13: Caring for Children Who Have Experienced Trauma

Jan. 20: Honoring the Self Beyond the Role

Jan. 26, 27: Co-Regulation Starts With You: Nervous System Literacy for Caregivers

3/26



Mar. 2, 3: The Healing Power of Joy, Play, and Family Routines

Mar. 9, 10: Fostering Resilience Through Family & Community

Mar. 16, 17: The Impact of Trauma on School Attendance

Mar. 23, 24: The Impact of Trauma on SEL

Mar. 30, 31: Breaking Bread Together

2/26



Feb. 2, 3: Hope: Overcoming the Impact of Trauma on Families

Feb. 9, 10: Safe Spaces at Home: Trauma-Sensitive Parenting Practices

Feb. 23, 24: Calm in the Chaos: Coping Skills for Families

The Central Crisis Support Team (CCST) will be hosting virtual trauma-informed workshops for caregivers with children in NYC Public Schools. These workshops are geared toward **fostering a sense of community** among caregivers, providing tools and strategies for caregivers to better **care for themselves**, and equipping caregivers with **knowledge and strategies to support their children!**

MONDAYS

5:00-6:00 PM

[ZOOM LINK](#)



TUESDAYS

7:30-8:30 PM

[ZOOM LINK](#)



SPRING 2026 FAMILY ENGAGEMENT WORKSHOPS

PLEASE JOIN US FOR OUR **VIRTUAL CAREGIVING WORKSHOPS**,
EVERY MONDAY AND TUESDAY EVENING THIS SPRING!

4/26



Apr. 13, 14: Refill Your
Cup: Restorative
Practices for
Overloaded Parents

Apr. 20, 21: Understanding
Emotions

Apr. 27, 28: Permission to
Pause: Boundary-Setting for
Tired Parents

5/26



May 4, 5: Caregiver
Self-Compassion:
Healing the Helper at
Home

May 11, 12: Reconnecting After
Hard Times: Family
Communication that Heals

May 18, 19: Understanding
Triggers: Family Tools for
Emotional Safety

May 26: Generational Healing:
Understanding Trauma Across
Time

6/26



June 1, 2: The Brain
Under Stress: What
Every Caregiver Should
Know

June 8,9: Survival to Serenity:
Trauma-Informed Mindfulness
Tools

June 15,16: How Families Can Help
Children Engage In Summer
Learning

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