



WINTER/SPRING 2026 FAMILY ENGAGEMENT WORKSHOPS

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



JANUARY: RESILIENT PARENTING
5, 6, 12, 13, 20, 26, 27



FEBRUARY: FAMILY HEALING
2, 3, 9, 10, 23, 24



MARCH: FAMILY CONNECTION
2, 3, 9, 10, 16, 17, 23, 24, 30, 31



APRIL: EMOTIONAL BALANCE
13, 14, 20, 21, 27, 28



MAY: MINDFUL SUPPORT
4, 5, 11, 12, 18, 19, 26



**JUNE: COMPASSION ACROSS
GENERATIONS**
1, 2, 8, 9, 15, 16

MONDAYS

5:00-6:00 PM



[ZOOM LINK](#)

TUESDAYS

7:30-8:30 PM



[ZOOM LINK](#)



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!**