

# WINTER 2026 FAMILY ENGAGEMENT WORKSHOPS

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

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**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

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**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

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**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,  
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**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

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**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

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**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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7:30-8:30 PM

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# WINTER/SPRING 2026 FAMILY ENGAGEMENT WORKSHOPS

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**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](#)



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