

# BUILDING PATHWAYS FOR HEALTHY MINDS



## Webinar Series for Parents & Caregivers, Summer 2024

JULY

Thursday

12:00 PM - 1:00 PM

18

Thursday

12:00 PM - 1:00 PM

25

AUGUST

Thursday

12:00 PM - 1:00 PM

8

Thursday

12:00 PM - 1:00 PM

15

Thursday

12:00 PM - 1:00 PM

22

Thursday

12:00 PM - 1:00 PM

29

### Parenting With Empathy Part 1: Creating A Nurturing Environment for Children

Children need connection and guidance to grow into healthy adults. This workshop will help you learn to parent with connection in mind, using empathy and assertiveness to reach that goal. You will walk away with hands-on strategies for cultivating connection in your home and a better understanding of how empathy can be used to nurture and guide children.

### Parenting With Empathy Part 2: Connection & Correction

Parenting is about the day-to-day interactions we have with our children that build trust and love. This presentation will focus on connecting with your children while disciplining. Learn strategies to set boundaries and hold children accountable for their choices when they push those boundaries, while maintaining respect for yourself and your child.

### Keeping Children Safe in a Troubled World

This workshop presents proactive strategies adults can use to recognize and respond to abuse. Participants will develop a general understanding of child maltreatment, learn to identify signs and symptoms of abuse, and explore ways to prevent trauma.

### You've Got This: Parenting and Children's Mental Health

What is typical childhood behavior and when should I be worried? What can I do if my child begins to experience a mental health issue? In this interactive webinar, participants learn about signs and symptoms of mental health concerns in young children and discuss 3 strategies for helping children who may be developing mental health issues.

### Feeling Stressed? Learn Mindful Parenting

Mindfulness helps you to pay attention to the here and now with kindness, openness, and curiosity. Participants will learn to let go of their distracted thinking and refocus their attention on the present in a nonjudgmental way. Mindfulness helps parents and guardians find a new way to respond to the day-to-day stress of parenting, calm their mind, become less judgmental, and be kinder to themselves and their children.

### When Life Gets Hard: Parenting Through Trauma

What are Adverse Childhood Experiences? How does trauma impact children? What works to help children who have experienced trauma, such as grief and adversity? In this interactive workshop, participants will learn about how trauma affects development and behavior and leave with 5 strategies to help their child heal from traumatic experiences.

### MORE INFORMATION

713.481.6555

admin@childbuilders.org

<https://childbuilders.org/upcoming-webinars-eng>

