

Social Emotional Wellness In the Home

Starts
Dec. 2nd

Join VUSD in this workshop series aimed at providing parents, guardians and family members helpful insight on how to strengthen the home during such uncertain times.

Encouraging School Engagement: Relationships, Routines, Resilience

This workshop will focus on learning helpful ways to build stronger relationships with your student/s through establishing healthy routines, overcoming challenges and managing emotions to support success in and out of the classroom.

Caring for Your Family's Social-Emotional Needs

Participants will learn about home-based practices that support the development of the five social emotional competencies; managing emotions, setting and achieving goals, exhibiting empathy with others, positive relationship-building and making responsible decisions.

Strengthening Healthy Relationships in the Home

This workshop focuses on strengthening family connection by exploring the importance and effective practices for maintaining healthy relationships which ultimately support student-learning and academic success.

Helping Your Family Cope with Traumatic Events

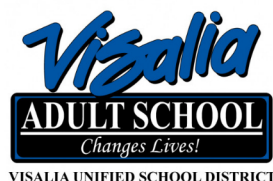
This session will explore the various aspects of trauma, what it is, how it effects different people in the home in different ways and helpful strategies to support children who've experienced trauma.

Creating Expectations & Setting Limits

Participants in this workshop will explore strategies to developing healthy expectations and limits by learning about effective limit-setting, avoiding power struggles, establishing clear and positive expectations and supporting children to meet those expectations.

Supporting Children's Positive Mental Health

In this session, participants will learn how to nurture children's positive mental health and well-being by exploring how mental wellness encompasses many aspects of our life, including psychological, emotional and social interactions.



To Register
Click Here:



Or Call:
559-730-7646