

August 2024—May 2025



FOSTER & KINSHIP CARE EDUCATION

Training catalog for Fall 2024—Spring 2025

“the more we know....

the more they grow!!”



August

Dealing with Social Anxiety: Social anxiety can feel isolating, but you don't have to face it alone. In this interactive workshop, we'll explore practical tools and techniques to help manage and reduce social anxiety. Whether you're navigating social situations at work, school, or in everyday life, you'll learn how to challenge negative thought patterns, build self-confidence, and practice mindfulness to stay grounded in stressful moments. Together, we'll create a supportive environment where you can share experiences, gain insights, and leave with actionable strategies for feeling more comfortable and confident in social settings.

Olivia Chavira

Depression in Adolescent: Adolescence is a time of growth and change, but for many young people, it can also be marked by struggles with depression. In this informative and supportive workshop, we will explore the signs, symptoms, and underlying causes of depression in adolescents. Participants will gain insight into how depression affects emotional, social, and academic well-being, and learn effective strategies for identifying and supporting teens who may be struggling. Through open discussions, expert guidance, and practical tools, this session will help parents, educators, and caregivers understand how to provide the right support to adolescents navigating mental health challenges.

Betty Cowley

Explotación sexual comercial de niños y jóvenes SPANISH: Commercial sexual exploitation of children and young people is a serious violation of human rights that affects thousands of minors worldwide. In this workshop, we will address the risk factors, warning signs, and consequences of this type of abuse, as well as strategies to prevent it and respond effectively to situations of vulnerability. Aimed at professionals, educators, parents, and caregivers, this workshop provides key tools for identifying, protecting, and supporting victims of commercial sexual exploitation, as well as raising greater awareness about this urgent issue in our

Lelia Montiel

Self-Care for Parents and Children: Parenting can be both rewarding and overwhelming, and it's essential for parents to prioritize their own well-being in order to support the health and happiness of their children. This workshop will focus on the importance of self-care for both parents and children, offering practical strategies to create balance, reduce stress, and promote emotional and physical health for the whole family. We will explore simple, effective self-care routines that parents can integrate into their daily lives, as well as ways to help children develop their own self-care habits. Through mindfulness practices, stress management techniques, and family-focused activities, you'll leave with tools to foster a more relaxed, connected, and nurturing environment at home.

Vanessa Palacios

Mandated Child Abuse Reports: As professionals, caregivers, and community members, we have a legal and ethical responsibility to protect children from abuse and neglect. This workshop is designed to equip participants with the knowledge and tools needed to identify, report, and respond to suspected child abuse in accordance with mandated reporting laws. We'll explore the different types of child abuse, the signs to look out for, and the specific reporting procedures that must be followed. Participants will also gain a better understanding of the consequences of failing to report, as well as the role they play in safeguarding children's welfare. Through case studies, real-world scenarios, and interactive discussions, this workshop aims to foster a deeper understanding of how to respond appropriately when faced with potential child abuse situations.

Dr. Wesley Sanders

Drug and Alcohol Prevention: Substance use and abuse among young people is a growing concern, but with the right tools and education, we can help prevent it. This workshop is designed to provide educators, parents, and community leaders with strategies to effectively prevent drug and alcohol use among youth. Through engaging discussions and practical approaches, participants will learn how to identify risk factors, communicate effectively about substance use, and create supportive environments that encourage healthy decision-making. The workshop will also explore the role of resilience, peer pressure, and family dynamics in shaping behavior, offering resources to empower youth to make informed, positive choices.

Olivia Chavira

Organizing and Planning Tips for Busy Parents: Being a parent is a full-time job, and when you add in work, household responsibilities, and personal commitments, it's easy to feel overwhelmed. This workshop is designed to help busy parents develop practical strategies for organizing their daily lives and managing competing priorities. From streamlining school schedules to meal planning and carving out time for self-care, we'll provide tips and techniques that reduce stress and increase efficiency. You'll learn simple systems for home organization, time-management strategies, and ways to prioritize what truly matters, so you can enjoy more quality moments with your family while staying on top of your responsibilities

Betty Cowley

Convertir sueños en títulos SPANISH: For many foster youth and their families, the dream of higher education can feel distant or out of reach. This workshop is designed to help foster youth, former foster youth, and parents of foster youth navigate the path to higher education and transform their aspirations into academic achievements. We'll explore practical steps to set educational goals, access resources, and stay motivated through the challenges unique to the foster care experience. Participants will learn how to develop a personalized plan for pursuing a degree, find scholarships and financial aid opportunities, and build resilience in the face of obstacles. Whether you're a foster youth thinking about your next steps, a former foster youth looking to further your education, or a parent supporting your child's academic journey, this workshop will provide you with the tools and support to turn dreams into degrees

Lelia Montiel

<p>Positive Parenting Solutions: Parenting can be challenging, but with the right tools and mindset, it can also be incredibly rewarding. In this workshop, we'll explore Positive Parenting Solutions—an approach that focuses on building strong, respectful, and loving relationships with your children. You'll learn effective strategies for managing challenging behaviors, fostering emotional resilience, and creating a positive and supportive home environment. Through practical tips, real-life examples, and interactive discussions, we'll focus on how to communicate effectively, set healthy boundaries, and empower your children to grow into confident, compassionate individuals. Whether you're facing specific behavioral challenges or simply want to strengthen your parenting skills, this workshop will provide the guidance and support you need.</p>	Vanessa Palacios
<p>Why Co-Parenting is Essential: Co-parenting can be challenging, but it is essential for providing a stable, supportive environment for children. This workshop explores the importance of effective co-parenting for children's emotional and social development and offers strategies for building a positive, collaborative partnership. Participants will learn how to communicate effectively, set shared goals, and stay united in parenting decisions. Whether in a divorced, separated, or blended family, this workshop will help you foster cooperation, reduce conflict, and prioritize your child's well-being.</p>	Dr. Wesley Sanders
<p>Navigating Youth Depression: Youth depression is a growing concern that can deeply impact an adolescent's emotional, social, and academic development. This workshop is designed for parents, educators, and caregivers to better understand the signs and symptoms of depression in young people and learn effective ways to offer support. We'll explore the causes and triggers of depression, the importance of early intervention, and how to communicate openly with young people about their mental health. Participants will leave with practical tools to create a supportive environment, help youth manage their emotions, and connect them to the appropriate resources for professional help.</p>	Dr. Abram Milton
<p>College and Career Preparation. It Starts Now!: The journey to college and career success doesn't begin after graduation—it starts now! This workshop is designed to help students, parents, and educators lay the groundwork for a successful academic and professional future. Whether you're in middle school, high school, or even starting college, it's never too early to begin preparing for the opportunities ahead. We'll cover essential skills such as setting academic goals, exploring career paths, building a strong resume, and preparing for college applications. Through interactive discussions and hands-on activities, participants will gain practical tools to stay focused, make informed decisions, and take actionable steps toward their future.</p>	Olivia Chavira
<p>Navigating School Transitioning: Transitioning to a new school year, grade level, or school environment can be a challenging experience for both students and their families. Whether it's moving from elementary to middle school, middle to high school, or adjusting to a new academic setting, these changes can bring about a range of emotions, from excitement to anxiety. This workshop is designed to help students, parents, and educators navigate the complexities of school transitions with confidence and ease. Participants will explore strategies for managing academic, social, and emotional adjustments, while also learning how to foster a supportive home and school environment that helps students thrive during times of change.</p>	Betty Cowley
<p>Una guía para cuidadores sobre drogas callejeras comunes SPANISH: In the current environment, it is essential for caregivers to be informed about the most common street drugs that can affect both young people and adults. This workshop is designed to provide caregivers, parents, and educators with a clear guide on the most frequent illegal drugs, their effects, signs of abuse, and how to intervene effectively. Through this workshop, participants will learn how to identify substances of abuse, understand their risks, and acquire tools to prevent drug use in their homes and communities. Additionally, we will discuss communication strategies for talking to young people about drugs and how to foster a supportive and preventive environment.</p>	Lelia Montiel
<p>Managing Behaviors: Managing challenging behaviors can be tough, but with the right strategies, guiding children toward positive actions becomes easier. This workshop covers techniques for managing behaviors like tantrums, defiance, anxiety, and aggression, focusing on positive discipline that fosters respect and emotional regulation. Participants will learn to identify behavior causes, set clear expectations, and apply consistent strategies to help children develop self-control and accountability. Whether you're a parent, teacher, or caregiver, you'll leave with practical tools to create a more peaceful, cooperative environment.</p>	Vanessa Palacios
<p>Parent Involvement in Education: Parental involvement plays a crucial role in a child's academic achievement and overall development. This workshop is designed to empower parents with the tools, knowledge, and confidence to become active partners in their child's education. We'll explore the many ways parents can support learning both at home and in school, from helping with homework and fostering a growth mindset to engaging with teachers and advocating for their child's needs. Participants will gain insights into effective communication with schools, how to stay informed about academic progress, and how to create a positive and supportive learning environment at home. This session is ideal for parents who want to be more involved in their child's education and contribute to their success.</p>	Dr. Wesley Sanders
<p>Easing Your Child into a New School Year: Starting a new school year can be exciting but also filled with uncertainty and stress for both children and parents. This workshop is designed to provide practical strategies for easing your child into the new school year, helping them manage any anxiety or fear, and setting them up for success. We'll discuss ways to establish a positive back-to-school routine, address any emotional or social challenges, and ensure your child feels supported and confident as they face the year ahead. Whether your child is transitioning to a new school, grade level, or facing new academic and social expectations, you'll leave with tools to help them adjust smoothly and positively.</p>	Dr. Abram Milton

<p>Healthy Eating: Good nutrition is the foundation of a healthy life, but with so many conflicting messages about food, it can be difficult to know where to start. This workshop is designed to help individuals and families make informed choices about healthy eating, focusing on simple and practical strategies to build lasting habits. We'll explore the importance of balanced meals, understanding food labels, and the benefits of whole, nutrient-rich foods. Participants will learn how to create meal plans, grocery shop efficiently, and prepare delicious meals that support both physical health and mental well-being. Whether you're looking to improve your own eating habits or support your family's health, this workshop will provide you with the tools to eat well and feel great.</p>	<p>Olivia Chavira</p>
<p>Positive Parenting Solutions: Parenting can be one of the most rewarding yet challenging roles, and sometimes, we need the right tools to handle the ups and downs. This workshop is designed to introduce parents to Positive Parenting Solutions, an approach that focuses on building strong, respectful, and nurturing relationships with children. Participants will learn strategies for fostering emotional growth, improving communication, and addressing challenging behaviors without resorting to punishment. Through evidence-based techniques, we'll explore how to guide children with empathy, set clear expectations, and create a supportive environment where they can thrive. Whether you're dealing with tantrums, defiance, or everyday challenges, this workshop will provide practical solutions to strengthen your parenting skills and build a positive family dynamic.</p>	<p>Betty Cowley</p>
<p>La importancia del autocuidado para el trauma vicario SPANISH: Vicarious trauma occurs when individuals who work closely with those who have experienced trauma, such as healthcare professionals, educators, social workers, or caregivers, begin to feel the emotional effects of those traumas indirectly. This workshop is designed to help participants recognize the signs of vicarious trauma and understand the importance of self-care in preventing burnout and emotional stress. Through practical strategies and stress management techniques, attendees will learn how to take care of their physical and emotional well-being while maintaining the ability to support others. This workshop will highlight tools for reducing anxiety, setting healthy boundaries, and promoting resilience, ensuring that professionals maintain their own health while helping others.</p>	<p>Lelia Montiel</p>
<p>The ADHD Child and School: Supporting a child with ADHD in a school setting presents unique challenges, but with the right strategies, both students and teachers can create a positive and successful learning experience. This workshop is designed for parents, caregivers, educators, and school staff who want to learn effective ways to support children with ADHD. We will explore practical strategies for managing classroom behaviors, improving focus and organization, and fostering positive relationships between children and teachers. Participants will gain insight into how ADHD impacts learning, and they will leave with tools to help children succeed academically and socially. Whether you're looking to enhance classroom management techniques or better support your child's educational journey, this workshop will provide valuable resources and actionable solutions.</p>	<p>Vanessa Palacios</p>
<p>Cultural Issues in Parenting: Parenting is shaped by a complex blend of personal values, family traditions, and cultural influences. This workshop is designed to help parents understand and navigate the cultural factors that influence their parenting style, while also addressing modern-day challenges. We'll explore how cultural expectations impact decision-making, discipline, and communication within families, and how parents can balance honoring their heritage with adapting to new cultural norms. Participants will gain insights into how to respect and maintain their cultural traditions, while also considering the needs of their children in a globalized world. This session offers a space to discuss strategies for raising children in a way that honors both cultural identity and contemporary influences, fostering an environment of understanding and respect.</p>	<p>Dr. Wesley Sanders</p>
<p>Turning Procrastination into Motivation for Your Child: Procrastination is a common challenge for many children, and it can often leave parents feeling frustrated and helpless. This workshop is designed to help parents and caregivers understand the underlying causes of procrastination and turn it into motivation. Together, we'll explore effective strategies for fostering intrinsic motivation, building self-discipline, and creating an environment that supports focus and productivity. From setting achievable goals and breaking tasks into manageable steps, to developing a routine that encourages consistency, participants will leave with practical tools to help their child overcome procrastination and develop healthy work habits that last. Whether your child struggles with homework, chores, or simply staying on task, this workshop will provide actionable solutions to inspire motivation and reduce procrastination.</p>	<p>Dr. Abram Milton</p>

September

<p>Child Abuse Prevention: Child abuse is a serious issue that impacts children of all backgrounds. This workshop aims to educate parents, caregivers, educators, and community members on recognizing the signs of abuse and prevention strategies. We'll cover physical, emotional, sexual abuse, and neglect, and discuss how to identify warning signs early. Participants will learn how to create a safe environment, communicate with children, and report concerns if abuse is suspected. This workshop provides the knowledge and resources needed to protect children and support their well-being.</p>	Betty Cowley
<p>Cómo comunicarse con los padres biológicos SPANISH: Communication with biological parents is crucial for the child's well-being, especially in situations of shared parenting or when children are in temporary care. This workshop is designed to help professionals, caregivers, and families establish open, respectful, and effective communication with biological parents. We will address how to manage emotions that may arise, set healthy boundaries, and work collaboratively to make decisions that prioritize the child's well-being. Through practical examples and discussions, participants will learn strategies to improve communication and resolve conflicts constructively, promoting a positive environment for the child and their development.</p>	Lelia Montiel
<p>Cooling the Flames: Anger Management for Kids: Anger is a natural emotion, but without the right tools, it can become difficult for children to manage and express it in healthy ways. This workshop is designed to help kids understand their emotions, particularly anger, and teach them strategies to manage and calm themselves when they feel upset. Through fun and engaging activities, we will explore the physical and emotional triggers of anger, how to recognize when they're getting angry, and effective coping techniques such as deep breathing, mindfulness, and problem-solving skills. Parents, caregivers, and educators will also learn how to support children through these emotions and create an environment that fosters emotional regulation.</p>	Vanessa Palacios
<p>Self-Care Skills for Resource Parents: Being a resource parent can be both deeply rewarding and emotionally challenging. Caring for children in foster care requires patience, love, and dedication, but it's easy for parents to neglect their own well-being in the process. This workshop is designed to equip resource parents with self-care tools and techniques to ensure they are emotionally, mentally, and physically supported. We'll explore strategies for reducing stress, managing emotional burnout, and creating a healthy work-life balance. Participants will learn how to prioritize their own needs without feeling guilty, set healthy boundaries, and build a supportive network. By learning how to care for themselves, resource parents will be better prepared to care for the children in their homes.</p>	Dr. Wesley Sanders
<p>Overcoming Test Anxiety—Practical Advice: Test anxiety is a common challenge for many students, often leading to feelings of stress, fear, and a lack of confidence. This workshop is designed to help students and parents understand the causes of test anxiety and provide practical strategies for overcoming it. We will explore effective techniques for calming the mind, managing stress, and building confidence before and during exams. Participants will learn relaxation exercises, time-management tips, and strategies for approaching tests with a positive mindset. Additionally, parents will gain insights on how to support their child in reducing anxiety and developing healthy study habits. This session will leave you with the tools you need to approach tests with confidence and calm.</p>	Dr. Abram Milton
<p>Introversion and Extroversion in Children: Every child is different, and their personalities shape how they interact with the world. Introversion and extroversion are two common personality traits that can impact how children approach social interactions, learning, and even their emotional well-being. This workshop is designed to help parents, caregivers, and educators understand the differences between introverted and extroverted children, and provide strategies for supporting both types. We'll explore how to identify each personality type, how they typically behave in different settings, and how to create environments that nurture your child's natural temperament. By learning how to support your child's social and emotional needs, you'll help them thrive in school, at home, and in their relationships with others.</p>	Olivia J. Chavira
<p>Homework Battles: Homework can often feel like a battle, both for kids and parents. Whether it's the struggle to get started, the frustration of completing assignments, or the stress that builds around deadlines, this workshop is designed to help parents and caregivers navigate the challenges of homework time. We will explore effective strategies for managing homework-related stress, creating positive routines, and improving focus and motivation. Participants will learn how to help children break down assignments, set realistic goals, and manage their time effectively. Additionally, we'll discuss how to communicate with teachers, stay organized, and foster a growth mindset to make homework feel less like a chore and more like an opportunity for learning and growth.</p>	Betty Cowley
<p>Diagnósticos comunes en niños ADHD, ODD, RAD SPANISH: The diagnosis of emotional and behavioral disorders in children can be complex, but understanding them is crucial to providing the right support. In this workshop, we will explore three common diagnoses in children: Attention-Deficit/Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), and Reactive Attachment Disorder (RAD). Through a detailed discussion, participants will learn how to identify the symptoms and behaviors associated with each of these disorders, how they are diagnosed, and what interventions are most effective in helping children manage their challenges. Additionally, tools will be provided to support children at home and in school, promoting an environment of understanding, patience, and support.</p>	Lelia Montiel

<p>Parenting Children with Learning Disabilities: Parenting a child with a learning disability can be both challenging and rewarding. This workshop helps parents understand the different types of learning disabilities and how they impact behavior and learning. We'll cover strategies for advocating at school, fostering a positive mindset, and creating a supportive home environment. Participants will leave with tools to empower their child, boost confidence, and develop coping skills for academic challenges.</p>	<p>Vanessa Palacios</p>
<p>Commercially Sexually Exploited Youth: Commercial sexual exploitation of youth (CSEY) is a serious and devastating issue that affects vulnerable children and adolescents. This workshop is designed to provide educators, caregivers, social workers, and community members with the knowledge and tools to recognize the signs of commercial sexual exploitation, understand its impact on youth, and respond with compassion and effectiveness. We will discuss the risk factors that contribute to exploitation, the psychological and emotional toll it takes on young people, and how to create safe, supportive environments that promote healing and recovery. Participants will learn practical approaches for prevention, intervention, and after-care, as well as resources available to support exploited youth and their families.</p>	<p>Dr. Wesley Sanders</p>
<p>Empowering Parents to Support Children with Autism: Parenting a child with autism comes with unique challenges, but also incredible opportunities for growth, understanding, and connection. This workshop is designed to empower parents and caregivers with the tools, strategies, and support needed to better understand their child's needs and create an environment where they can thrive. We will explore how autism affects communication, behavior, and sensory processing, and provide practical techniques for managing everyday challenges. Parents will learn how to advocate for their child within the education system, navigate therapies and interventions, and foster social and emotional growth. This workshop aims to build confidence in parents so they can be their child's strongest advocate, providing them with the knowledge and resources to support their child's development.</p>	<p>Dr. Abram Milton</p>
<p>The 5 Love Languages of Children: Every child expresses and receives love in unique ways. Understanding your child's "love language" can strengthen your connection, improve communication, and foster a deeper, more positive relationship. This workshop is based on the best-selling book <i>The 5 Love Languages</i> by Gary Chapman, and it explores how to apply these principles to parenting. Participants will learn about the five distinct love languages—words of affirmation, acts of service, receiving gifts, quality time, and physical touch—and how to identify and speak their child's primary love language. By learning to communicate love in ways that resonate with your child, you can help them feel valued, supported, and emotionally secure. Parents will leave with practical strategies for nurturing their child's emotional well-being and enhancing their bond.</p>	<p>Olivia J. Chavira</p>
<p>Self Esteem and Bullying: Bullying can have a lasting impact on a child's self-esteem and emotional well-being, but with the right tools and support, children can learn to build resilience and confidence. This workshop is designed for parents, caregivers, and educators who want to help children develop healthy self-esteem and cope with the effects of bullying. We will explore the connection between bullying and self-esteem, and provide practical strategies for empowering children to recognize their worth, stand up for themselves, and seek support when needed. Participants will learn how to create a positive environment that encourages self-love, respect, and kindness, both at home and in school. By the end of the session, you will have tools to help children overcome bullying and build a strong foundation for their emotional and social well-being.</p>	<p>Betty Cowley</p>
<p>Comportamiento de la neurosis SPANISH: Neurosis refers to a range of emotional disorders that affect behavior and the way a person handles stress, emotions, and everyday situations. This workshop is designed for parents, educators, and professionals who wish to better understand the behaviors associated with neurosis and how to provide appropriate support to those experiencing it. We will explore the most common symptoms of neurosis, such as anxiety, depression, phobias, and obsessive-compulsive disorders, as well as the underlying causes that may contribute to these behaviors. Throughout the session, strategies will be provided to help individuals with neurosis manage their emotions more healthily, promoting mental and emotional well-being in their daily lives</p>	<p>Lelia Montiel</p>
<p>Peer Pressure: Empowering Youth to Make Informed Choices: Navigating peer pressure can be one of the most challenging experiences for young people. The desire to fit in and be accepted by peers can sometimes lead to risky decisions. This workshop is designed to empower youth with the skills and confidence needed to resist negative peer pressure and make informed, healthy choices. We will discuss the psychological and social influences behind peer pressure, and explore practical strategies for saying no, setting boundaries, and building self-esteem. Through interactive activities and discussions, participants will learn how to trust their own judgment, resist harmful influences, and feel empowered to stand up for themselves in various social situations. This session also provides valuable tools for parents and mentors to guide and support youth in developing decision-making skills that promote personal growth and well-being.</p>	<p>Vanessa Palacios</p>
<p>Mandated Reporting—Understanding Your Obligations and Responsibilities: Mandated reporting is a critical responsibility for anyone working with children, vulnerable adults, or at-risk individuals. This workshop will help professionals, educators, and caregivers understand their legal and ethical obligations to report suspected abuse or neglect. Participants will learn how to identify signs of abuse, the process for making a report, and the legal protections in place for reporters. We will also cover the consequences of failing to report and how to navigate these situations with care and confidentiality. By the end of the session, attendees will be equipped with the knowledge to fulfill their role as mandated reporters and ensure the safety of those at risk.</p>	<p>Dr. Wesley Sanders</p>

<p>Mandated Reporting: Understanding Your Obligations and Responsibilities: Mandated reporting is a critical responsibility for anyone working with children, vulnerable adults, or at-risk individuals. This workshop will help professionals, educators, and caregivers understand their legal and ethical obligations to report suspected abuse or neglect. Participants will learn how to identify signs of abuse, the process for making a report, and the legal protections in place for reporters. We will also cover the consequences of failing to report and how to navigate these situations with care and confidentiality. By the end of the session, attendees will be equipped with the knowledge to fulfill their role as mandated reporters and ensure the safety of those at risk.</p>	Dr. Wesley Sanders
<p>Navigating the Impact of Social Media on Mental Health: Social media has a powerful influence on mental health, especially among youth. This workshop will explore how social media affects self-esteem, anxiety, depression, and overall well-being. Participants will learn to recognize the signs of social media's negative impact and how to develop healthy habits for online engagement. We will also discuss strategies for setting boundaries, promoting digital detox, and fostering a positive self-image in a digital world. This session is designed for parents, educators, and mental health professionals to better support youth in navigating the challenges of social media and maintaining their mental health.</p>	Dr. Abram Milton
<p>Talking About Substance Abuse: Discussing substance abuse with children and teens can be challenging but is essential for preventing risky behaviors and promoting healthy choices. This workshop will provide parents, caregivers, and educators with practical strategies for starting open, honest conversations about substance abuse. We will cover how to approach the topic in a non-judgmental way, recognize early warning signs of substance misuse, and offer guidance on how to support youth in making healthy decisions. Participants will leave with tools to foster ongoing dialogue, build trust, and address substance abuse concerns effectively.</p>	Olivia J. Chavira
<p>Modeling Positive Behavior: Children often learn by observing the behavior of adults in their lives. This workshop focuses on the powerful impact that parents, educators, and caregivers have in shaping children's behavior by modeling positive actions. Participants will learn how to model traits like respect, responsibility, empathy, and healthy decision-making in everyday situations. We'll explore the role of consistency, communication, and setting clear expectations in promoting positive behavior. By the end of the session, you'll have practical strategies to influence and inspire children to make good choices and develop strong values.</p>	Betty Cowley
<p>Violencia doméstica y los niños SPANISH: Domestic violence can have a profound and lasting impact on children, even if they are not the direct victims. This workshop aims to raise awareness about the emotional, psychological, and behavioral effects of domestic violence on children. Participants will learn how exposure to violence can influence a child's development, relationships, and overall well-being. We will also explore effective strategies for supporting children affected by domestic violence, providing trauma-informed care, and helping them heal. This session is designed for parents, caregivers, educators, and professionals who want to better understand the needs of children in these situations and create a safe, supportive environment for recovery.</p>	Lelia Montiel
<p>Active Parenting: Strategies for Navigating the Modern Era: Parenting in today's fast-paced, tech-driven world can be challenging. This workshop provides practical strategies for managing modern challenges while strengthening connections with children. Topics include managing screen time, fostering healthy communication, setting boundaries, and supporting emotional well-being. Participants will learn how to balance technology with real-world interactions and promote positive behavior, self-esteem, and resilience. By the end, parents will be equipped with tools to raise confident, responsible children in the digital age.</p>	Vanessa Palacios
<p>Empowering Caregivers: Understanding Reasonable and Prudent Parenting: As a caregiver, balancing the responsibility of protecting a child with allowing them to grow and learn from their experiences can be challenging. This workshop will help caregivers understand the principles of "Reasonable and Prudent Parenting," a key approach to making informed decisions about a child's well-being and development. Participants will learn how to make decisions that are both in the child's best interest and promote healthy independence. We'll explore practical strategies for navigating everyday challenges, setting appropriate boundaries, and fostering an environment where children feel supported, valued, and able to thrive. By the end of the workshop, caregivers will be empowered with the tools to make sound, confident decisions that positively impact the child's life and growth.</p>	Dr. Wesley Sanders
<p>Resolving Family Conflicts Effectively: Conflict is a natural part of family life, but how we handle it can make all the difference. This workshop is designed to provide parents, caregivers, and family members with practical tools for resolving conflicts in a healthy and productive way. We will explore effective communication techniques, conflict resolution strategies, and ways to address underlying emotions that contribute to family disputes. Participants will learn how to foster mutual respect, create a positive environment for conflict resolution, and strengthen family bonds through understanding and compromise. By the end of the workshop, you'll have the skills to manage conflicts with confidence and build stronger, more resilient family relationships.</p>	Dr. Abram Milton
<p>Breaking the Silence: Strategies for Suicide Prevention: Suicide is a sensitive topic, but open discussion is vital for prevention. This workshop equips parents, caregivers, educators, and community members with tools to identify warning signs, engage in meaningful conversations, and support individuals struggling with suicidal thoughts. Participants will learn about common risk factors, how to approach the topic with care, and the resources available for support. By the end, attendees will be better prepared to</p>	Olivia J. Chavira

October

<p>Parent Partners—Working With The System: Navigating systems like child welfare, education, and healthcare can be overwhelming for parents, especially when advocating for their child’s needs. This workshop is designed to empower parents and caregivers with the tools and knowledge they need to effectively partner with professionals and navigate complex systems. We will explore strategies for working collaboratively with social workers, educators, and healthcare providers, as well as how to advocate for your child’s best interests. Participants will gain insights into their rights, the resources available to them, and how to build strong, supportive relationships with the professionals involved in their child’s care. By the end of the workshop, parents will feel more confident in their ability to navigate the system and ensure their child receives the support they need.</p>	Betty Cowley
<p>Cómo manejar la impaciencia, la frustración y las rabietas SPANISH: All children go through moments of frustration, and it is normal for this to be expressed through tantrums or impulsive behaviors. This workshop is designed for parents, caregivers, and educators who wish to learn how to effectively manage impatience and tantrums in children. We will explore the underlying causes of these behaviors, as well as practical strategies to prevent and manage them with patience and empathy. Participants will learn effective communication techniques, how to set clear and consistent boundaries, and how to teach children to identify and manage their emotions in a healthy way. By the end of the workshop, attendees will have tools to help children develop emotional and social skills that will allow them to handle frustration in a positive way.</p>	Lelia Montiel
<p>Navigating the World with Sensory Processing Disorder (SPD): Sensory Processing Disorder (SPD) can make everyday experiences overwhelming for children and adults, as they may be hypersensitive or under-sensitive to sensory input. This workshop is designed to help parents, caregivers, and educators understand SPD and provide strategies for supporting individuals navigating the world with this condition. Participants will learn how to recognize sensory processing challenges, create sensory-friendly environments, and offer coping strategies that help individuals with SPD thrive. We will also explore the importance of self-regulation, communication, and how to advocate for individuals with SPD in both school and social settings. By the end of the session, attendees will have the knowledge and tools to support individuals with SPD in building resilience and living with greater ease.</p>	Vanessa Palacios
<p>Strategies for Raising Confident Youth: Confidence is key to helping young people navigate challenges and achieve their goals. This workshop will provide parents, caregivers, and educators with practical strategies to nurture self-esteem, resilience, and confidence in youth. We will explore how to create an environment that fosters a growth mindset, encourages positive self-talk, and helps youth develop a strong sense of identity. Participants will learn how to empower youth to take on challenges, learn from failure, and celebrate their strengths. By the end of the workshop, you’ll have the tools to guide youth in building the self-confidence they need to thrive both socially and academically.</p>	Dr. Wesley Sanders
<p>Moving Through Grief and Loss Together: Grief and loss are inevitable, but navigating them as a family or community can be challenging. This workshop helps families and caregivers process grief in healthy ways while supporting one another. We’ll explore the emotional stages of grief, strategies for supporting loved ones, and the importance of open communication. Participants will learn how to foster connection, resilience, and healing while honoring memories and moving forward together.</p>	Dr. Abram Milton
<p>Brain, Mind, & Body in the Healing of Trauma: Trauma affects not only our emotions and thoughts but also our physical bodies. This workshop explores the interconnectedness of the brain, mind, and body in the healing process of trauma. Participants will learn about the science of trauma, how it impacts brain function, emotional regulation, and physical health, and how these effects can be addressed through holistic healing approaches. We will discuss evidence-based strategies that integrate mental health, physical wellness, and mindfulness practices to support long-term recovery. By the end of the session, attendees will have a deeper understanding of trauma’s impact and practical tools for fostering healing on all levels—brain, mind, and body.</p>	Olivia J. Chavira
<p>Child Abuse & Mandated Reporting: Child abuse is a serious issue that requires immediate attention and action. This workshop is designed to educate mandated reporters—such as teachers, social workers, caregivers, and healthcare professionals—on how to recognize the signs of child abuse and understand their legal obligations to report it. We will cover the different types of abuse, how to identify warning signs, and the proper steps to take when reporting suspected abuse. Participants will also learn about the legal protections in place for reporters, the importance of timely and accurate reporting, and how to navigate difficult situations with care and responsibility. By the end of this session, attendees will feel confident in fulfilling their role in protecting children and ensuring their safety.</p>	Betty Cowley
<p>Cuidado de niños que han sido abuso sexualmente SPANISH: Child sexual abuse is a traumatic experience that deeply affects children and their families. This workshop is designed to provide parents, caregivers, and professionals with the necessary tools to support children who have been victims of sexual abuse. We will explore how to recognize the signs of abuse, the common emotional and behavioral reactions in affected children, and how to offer a safe and supportive environment for their recovery. Additionally, strategies for addressing trauma, managing difficult emotions, and the importance of professional intervention in the healing process will be discussed. By the end of the workshop, participants will have a deeper understanding of child sexual abuse and the skills needed to support children in their recovery.</p>	Lelia Montiel

<p>Fostering Connections: Building Relationships and Trust: Building strong, trusting relationships is essential for the emotional well-being and success of children and youth, particularly those in foster care or challenging situations. This workshop is designed for parents, caregivers, and professionals who work with children and families. We will explore strategies for establishing trust, creating safe and supportive environments, and fostering meaningful connections. Participants will learn techniques for effective communication, setting healthy boundaries, and cultivating empathy. The workshop will also highlight the importance of consistency, patience, and respect in relationship-building. By the end of the session, attendees will be better equipped to form strong, positive bonds that support children in their growth, healing, and development.</p>	Vanessa Palacios
<p>Co-Parenting: Resource Parents & Biofamily: Co-parenting between resource parents (foster parents) and biological families is crucial for the well-being of children in care. This workshop is designed to help resource parents, biological families, and professionals build strong, cooperative relationships that prioritize the child's needs. We will explore strategies for effective communication, setting clear expectations, and navigating the complexities of sharing parenting responsibilities. Participants will learn how to build trust, handle difficult conversations, and work together to create a unified approach to the child's care and development. The goal is to ensure that children feel supported by both their biological family and resource family, while fostering a sense of stability and security.</p>	Dr. Wesley Sanders
<p>Strategies for Anxiety Management: Anxiety can impact anyone, regardless of age or background, and managing it effectively is key to living a balanced life. This workshop provides practical tools and strategies for recognizing, understanding, and managing anxiety. Participants will learn various techniques to reduce anxiety in daily life, including mindfulness exercises, relaxation methods, and cognitive-behavioral strategies. We'll also discuss how to identify triggers, build resilience, and create personalized plans to manage anxiety in both short- and long-term situations. Whether you're dealing with anxiety yourself or supporting someone else, this workshop will provide actionable insights to improve emotional well-being and foster calm in stressful situations.</p>	Dr. Abram Milton
<p>Addressing Perfectionism and Building Self-Compassion: Perfectionism can create a constant cycle of stress, self-criticism, and unattainable standards. This workshop is designed to help individuals recognize perfectionistic tendencies and replace them with healthier, more compassionate ways of thinking. Participants will explore the roots of perfectionism, how it affects emotional well-being, and practical strategies for letting go of the need to be perfect. We'll focus on building self-compassion and fostering a mindset of growth, acceptance, and resilience. Through a combination of reflection, mindfulness, and actionable exercises, attendees will learn how to embrace imperfection, practice self-kindness, and achieve greater balance in their lives.</p>	Olivia J. Chavira
<p>Visitation: How to Prepare: Visitation between children in foster care and their biological families is an important part of maintaining relationships and supporting the child's well-being. However, it can be a challenging experience for both children and adults involved. This workshop is designed for foster parents, resource parents, and professionals to help prepare for visitations in a way that ensures the child feels supported and safe. Participants will learn how to manage emotions, set clear expectations, and create a positive environment that facilitates healthy interactions. We'll also discuss strategies for debriefing with the child after visits and how to handle difficult situations that may arise. By the end of the session, you'll be equipped with the tools to help children navigate visitations with confidence and understanding.</p>	Betty Cowley
<p>Niños médicamente frágiles SPANISH: Medically fragile children face unique challenges due to chronic or complex health conditions that require constant care and specialized attention. This workshop is designed for parents, caregivers, and professionals who provide support to these children. We will explore the medical, emotional, and social needs of medically fragile children, as well as best practices for providing them with comprehensive and compassionate care. Additionally, strategies for working with healthcare teams, navigating medical systems, and how to care for oneself as a caregiver will be discussed. Participants will learn how to create a safe and stimulating environment for the children and provide them with the necessary support for their physical and emotional development.</p>	Lelia Montiel
<p>Coping with Traumatic Events: Strategies for Healing and Resilience: Experiencing trauma can profoundly affect our emotional, mental, and physical well-being. This workshop is designed to help individuals, families, and caregivers understand the impact of traumatic events and explore effective strategies for healing and building resilience. We will discuss the psychological and emotional effects of trauma, including common responses, and provide practical tools for managing stress, processing feelings, and promoting recovery. Participants will learn about trauma-informed care, mindfulness practices, and ways to build inner strength. By the end of the session, attendees will have a deeper understanding of trauma and resilience and gain actionable strategies to foster healing, self-compassion, and long-term emotional well-being.</p>	Vanessa Palacios
<p>Tools for Supporting Children with Disabilities: This workshop provides parents, caregivers, and professionals with strategies to support children with disabilities. Participants will learn about different types of disabilities, effective communication techniques, and inclusive education strategies. We'll explore ways to foster independence, build self-confidence, and create a supportive environment at home and in the community. Additionally, the workshop will cover advocacy and resources available to families.</p>	Dr. Wesley Sanders

Youth Depression: Recognizing Signs and Building Hope: Depression in youth can often go unnoticed, but Olivia J. Chavira early recognition and intervention are crucial for their well-being. This workshop is designed to help parents, caregivers, and educators identify the signs of depression in children and adolescents and provide strategies for offering support. We will explore the emotional, behavioral, and physical symptoms of depression, discuss effective communication techniques, and learn ways to help build resilience and hope in youth. Participants will also discover available resources and how to create a supportive environment to encourage recovery and emotional growth.

Importance of House Rules: House rules play a crucial role in creating structure, promoting respect, and ensuring a safe environment for children and families. This workshop is designed for parents, caregivers, and educators to understand the value of setting clear, consistent rules at home. Participants will learn how to establish fair and effective house rules, communicate expectations with children, and maintain consistency. We will also discuss how house rules can foster responsibility, improve behavior, and create a positive, respectful

Betty Cowley

Diagnóstico de TEAF (FASD) Detección toxicológica SPANISH: Fetal Alcohol Spectrum Disorder (FASD) is a condition that affects children whose mothers consumed alcohol during pregnancy. This workshop is designed for parents, caregivers, and healthcare professionals to learn how to identify the signs of FASD and understand the importance of early detection and appropriate interventions. We will explore the diagnostic criteria for FASD, toxicological screening tools, and how substance use during pregnancy impacts the physical and cognitive development of children. Additionally, strategies for supporting children with FASD, promoting their well-being, and coordinating support resources will be discussed.

Lelia Montiel

Understanding Shaken Baby Syndrome—Prevention and Awareness: Shaken Baby Syndrome (SBS) is a serious form of child abuse that can cause severe brain injury or even death. This workshop is designed to help parents, caregivers, and professionals understand the risks, signs, and long-term effects of SBS. Participants will learn about the causes of SBS, how to prevent it, and the importance of recognizing the warning signs of potential harm. We will discuss strategies for managing stress, promoting safe caregiving practices, and raising awareness to prevent SBS. By the end of the session, participants will be equipped with the knowledge and tools to protect infants from harm and ensure a safe and nurturing environment.

Vanessa Palacios

Strategies for Drug and Alcohol Awareness: Raising awareness about the dangers of drug and alcohol use is essential for protecting the health and well-being of children and adolescents. This workshop is designed for parents, caregivers, and professionals to gain the tools and knowledge needed to address substance use effectively. Participants will learn about the signs and risks of drug and alcohol use, as well as strategies for prevention, early intervention, and open communication with youth. We will explore how to create a supportive environment where children feel comfortable discussing substance use and learn how to model healthy behaviors. By the end of the session, attendees will be equipped with practical strategies to foster awareness, prevent substance use, and support healthy choices for young people.

Dr. Wesley Sanders

Healing After Trauma: Understanding PTSD: Post-Traumatic Stress Disorder (PTSD) can develop after experiencing or witnessing traumatic events, affecting emotional, mental, and physical well-being. This workshop is designed to help participants understand the nature of PTSD, its symptoms, and how it impacts individuals of all ages. We'll explore strategies for healing, including coping mechanisms, therapy options, and building resilience. Participants will also learn about the importance of creating a safe, supportive environment for those affected by PTSD, as well as how to encourage healing and growth. By the end of the session, attendees will have a deeper understanding of PTSD and practical tools for supporting recovery.

Dr. Abram Milton

Building Resilience in Children: Resilience is the ability to bounce back from adversity, and it's a crucial skill for children to develop as they navigate life's challenges. This workshop is designed for parents, caregivers, and educators to learn practical strategies for helping children build emotional strength and cope with stress, setbacks, and difficult situations. Participants will explore the factors that contribute to resilience, such as emotional regulation, problem-solving skills, and the importance of a supportive environment. We'll discuss how to encourage a growth mindset, foster positive relationships, and promote self-esteem in children. By the end of the session, attendees will have actionable tools to nurture resilience and support children in becoming confident, adaptable individuals.

Olivia J. Chavira

Teaching Social Skills: Social skills are essential for building positive relationships, effective communication, and personal success. This workshop is designed for parents, caregivers, and educators to learn how to teach children essential social skills that will help them navigate interactions with peers and adults. Participants will explore strategies for teaching empathy, active listening, turn-taking, and conflict resolution. We'll also discuss how to address social anxiety, encourage teamwork, and create opportunities for children to practice these skills in real-life situations. By the end of the session, attendees will have a variety of tools to help children build confidence in their social interactions and thrive in both social and academic settings.

Betty Cowley

Addressing and Reducing Substance Use: Substance use can have a profound impact on individuals, families, and communities. This workshop is designed to help parents, caregivers, and professionals understand the complexities of substance use and provide practical tools for addressing and reducing it. We will explore the risk factors and warning signs of substance use, as well as strategies for prevention and intervention. Participants will learn effective communication techniques for talking to children and adolescents about substance use, as well as how to support individuals who are struggling with addiction. The workshop will also cover resources for seeking professional help and building a supportive environment for recovery.

Dr. Abram Milton

Los niños y la nutrición: lo que debemos saber SPANISH: Nutrition is key to the healthy development of children, as it influences their physical growth, cognitive development, and overall well-being. This workshop is designed for parents, caregivers, and healthcare professionals who want to understand how to provide a balanced and nutritious diet for children. We will explore the essential nutrients children need, how to create healthy eating habits, and how to address common challenges such as selective eating or food preferences. Additionally, strategies for educating children about the importance of healthy eating and making mealtime a positive and educational experience in family life will be discussed.

Lelia Montiel

Effective Strategies: Supporting Children with ADHD, ODD, and Hyperactivity: Children with Attention-Deficit/Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), and hyperactivity often face unique challenges in their behavior and learning. This workshop is designed to provide parents, caregivers, and educators with practical strategies to support children struggling with these conditions. Participants will learn how to identify the signs of ADHD, ODD, and hyperactivity, and how these conditions impact behavior, emotions, and school performance. We will explore effective approaches for managing challenging behaviors, creating a structured environment, and fostering positive communication. By the end of the session, attendees will have actionable tools to help children with ADHD, ODD, and hyperactivity thrive in both home and school settings.

Vanessa Palacios

Understanding and Supporting Children with Fetal Alcohol Syndrome: Fetal Alcohol Syndrome (FAS) is a serious condition resulting from alcohol exposure during pregnancy, leading to physical, behavioral, and cognitive challenges in children. This workshop is designed for parents, caregivers, and professionals to gain a deeper understanding of FAS, its symptoms, and how it impacts children's development. Participants will learn about the signs of FAS, strategies for supporting affected children, and how to create an environment that encourages growth and independence. We'll also explore interventions and resources available to families, along with tips for managing common challenges, such as learning difficulties and emotional regulation.

Dr. Wesley Sanders

November

<p>Cultivating Self-Esteem: Insights for Foster Parents: Building strong self-esteem is essential for children, especially for those in foster care who may have experienced trauma and instability. This workshop is designed to help foster parents understand the importance of self-esteem and provide them with practical strategies to nurture and support the development of healthy self-worth in children. Participants will learn how to recognize the signs of low self-esteem, foster a positive and supportive environment, and encourage resilience. We'll also explore techniques for helping children build confidence, navigate challenges, and develop a positive self-image, which is crucial for their emotional and social growth.</p>	Dr. Abram Milton
<p>What is Mental Health?: Mental health is a vital aspect of our overall well-being, affecting how we think, feel, and act. This workshop aims to provide a comprehensive understanding of mental health, its importance, and how it impacts our daily lives. Participants will learn about the different components of mental health, including emotional, psychological, and social well-being. We will also explore common mental health challenges, such as anxiety, depression, and stress, and discuss strategies for maintaining mental health through self-care, coping mechanisms, and seeking support when needed. By the end of the session, attendees will have a clearer understanding of mental health and the tools to promote mental well-being for themselves and others.</p>	Olivia J. Chavira
<p>Understanding Non-Suicidal Self Injury: Non-suicidal self-injury (NSSI) refers to the deliberate, self-inflicted harm to one's body without the intent to die, often as a coping mechanism for emotional pain or distress. This workshop is designed to help parents, caregivers, and professionals better understand the behaviors associated with NSSI, how to recognize the signs, and how to respond with empathy and support. Participants will learn about the underlying emotional and psychological factors that contribute to self-injury, as well as strategies for helping individuals develop healthier coping mechanisms. The session will also cover ways to create a safe, supportive environment and promote open communication to prevent further self-harm.</p>	Betty Cowley
<p>Salud bucal de los niños SPANISH: Oral health is fundamental to the overall well-being of children and plays a key role in their physical and emotional development. This workshop is designed for parents, caregivers, and educators interested in learning about the importance of good oral hygiene from an early age. Participants will learn how to prevent cavities, how to teach children to care for their teeth and gums, and how to encourage lifelong oral health habits. Common signs of dental problems and the importance of regular den-</p>	Lelia Montiel
<p>Understanding Fetal Alcohol Syndrome: Fetal Alcohol Syndrome (FAS) is a condition caused by alcohol exposure during pregnancy, leading to a range of physical, cognitive, and behavioral challenges in children. This workshop is designed for parents, caregivers, and professionals to gain a deeper understanding of FAS, its effects, and how to support children affected by this condition. Participants will learn about the signs and symptoms of FAS, the long-term impact on development, and strategies for providing support in educational, social, and emotional settings. The workshop will also cover the importance of early diagnosis, intervention, and available resources for families and children living with FAS.</p>	Vanessa Palacios
<p>Helping Children with Grief and Loss: Grief and loss are challenging for children, but with the right support, they can heal and build resilience. This workshop helps parents, caregivers, and educators understand how children process grief and ways to support them. Participants will learn to recognize emotional, physical, and behavioral signs of grief, create a supportive environment, and guide children in coping with loss. We'll also discuss age-appropriate communication and available resources for families. .</p>	Dr. Wesley Sanders
<p>Enhancing Sleep Quality in Your Family: Good sleep is essential for the overall health and well-being of every family member. This workshop is designed to provide parents and caregivers with practical strategies to improve the sleep quality of both children and adults. Participants will learn about the importance of sleep for physical and emotional development, how to establish healthy sleep routines, and techniques for addressing common sleep challenges such as bedtime resistance, night wakings, and sleep anxiety. We will also explore the impact of screen time, stress, and nutrition on sleep, and how to create a calm and restorative sleep environment. By the end of the session, you'll have the tools to help everyone in your family get the restful sleep they need</p>	Dr. Abram Milton
<p>Identifying Triggers; Why, When, Who, What: Understanding and identifying emotional or behavioral triggers is essential for creating a positive environment and managing reactions effectively. This workshop is designed for parents, caregivers, and educators to explore the different triggers that can cause emotional distress or challenging behaviors in children. Participants will learn how to recognize the "why" (the underlying causes), "when" (the moments triggers are most likely to occur), "who" (the individuals involved), and "what" (the specific situations or stimuli that provoke reactions). We'll discuss strategies to address and minimize triggers, promote self-regulation, and create a calm and supportive environment. By the end of the session, attendees will have the tools to help children better understand and manage their responses, improving emotional well-being and relationships</p>	Betty Cowley
<p>Quando el niño actúa de manera agresiva SPANISH: Aggression in children often stems from emotions like frustration, fear, or sadness. This workshop helps parents, caregivers, and educators understand the causes of aggression and how to address it. Participants will learn to identify warning signs, handle aggressive behaviors calmly, and teach self-regulation and conflict resolution. We'll also explore strategies for encouraging self-control, setting boundaries, and creating a positive environment.</p>	Lelia Montiel

<p>Raising Strong-Willed Children: Strong-willed children are determined, independent, and often have a mind of their own. While these traits can be incredibly positive, they can also present challenges when it comes to discipline and communication. This workshop is designed to help parents and caregivers better understand and support strong-willed children. Participants will learn strategies for setting clear boundaries, encouraging positive behavior, and fostering cooperation without stifling the child's independence. We'll explore how to turn challenges into opportunities for growth and how to maintain a healthy balance between nurturing autonomy and guiding behavior.</p>	Vanessa Palacios
<p>What to do with Behavior Issues?: Behavior issues are common challenges for parents and caregivers, but with the right tools, they can be effectively addressed. This workshop will help you understand the root causes of children's behavior problems, including emotional needs, communication struggles, and environmental factors. You'll learn practical strategies to set clear expectations, manage disruptive behaviors, and reinforce positive actions. We'll discuss how to create a consistent, supportive environ-</p>	Dr. Wesley Sanders
<p>Supporting Foster Children Through the Holidays: The holiday season can be a particularly challenging time for foster children, as they may experience feelings of loss, confusion, or displacement. This workshop is designed for foster parents and caregivers to learn how to provide emotional support, create stability, and foster positive holiday experiences for children in foster care. Participants will explore strategies to help children manage feelings of anxiety, grief, or homesickness during the holidays, while also celebrating the season in ways that make them feel safe, loved, and included. We'll discuss creating new traditions, maintaining routines, and offering extra emotional support as children adjust to the holiday season.</p>	Dr. Abram Milton
<p>Understanding Perfectionism: Navigating High Standards and Self-Compassion: Perfectionism can be a double-edged sword: while it may drive achievement, it can also lead to stress, self-criticism, and burn-out. This workshop is designed to help parents, caregivers, and educators understand perfectionism in children and adolescents, and explore how high standards can impact emotional well-being. Participants will learn how to help children manage unrealistic expectations, foster resilience in the face of mistakes, and develop self-compassion. We will also cover strategies for balancing ambition with self-care, teaching children that it's okay to make mistakes, and providing the support they need to navigate challenges with a healthy mindset.</p>	Olivia J. Chavira
<p>Understanding the LGBTQ Culture: This workshop is designed to foster understanding, empathy, and support for the LGBTQ+ community. Participants will gain insights into the LGBTQ+ culture, including key terms, experiences, and the challenges faced by LGBTQ+ individuals, particularly in the context of family and school environments. The session will cover the importance of creating inclusive, respectful spaces and the role of allies in supporting LGBTQ+ individuals. We will discuss the significance of gender identity, sexual orientation, and how to engage in open, respectful conversations with LGBTQ+ youth. By the end of the workshop, participants will feel more equipped to provide support and guidance, contributing to a more inclusive and understanding environment for LGBTQ+ individuals.</p>	Betty Cowley
<p>Disciplina tiempo construyendo SPANISH: Discipline is fundamental for children's development, but it's not just about enforcing rules; it's about building a foundation of respect, trust, and understanding. This workshop is designed for parents, caregivers, and educators who want to learn positive and effective approaches to teaching discipline constructively. During the session, we will explore how to set clear boundaries, encourage self-control and responsibility, and how to use time effectively to teach children to make responsible decisions. Through practical examples, you will learn how discipline can be a tool for growth and strengthening the relationship with children.</p>	Lelia Montiel
<p>Empowering Boundaries: Teaching Children Healthy Limits: Setting healthy boundaries is essential for helping children feel safe, respected, and confident in themselves and their relationships. This workshop is designed for parents, caregivers, and educators to learn how to teach children the importance of boundaries, both personal and social. Participants will explore practical strategies for setting clear, consistent limits while fostering independence, self-respect, and empathy. We will discuss how to communicate boundaries effectively, how to handle pushback or resistance, and how to model healthy boundary-setting in everyday situations. By the end of the session, you'll have the tools to empower children to understand and respect their own limits and the boundaries of others.</p>	Vanessa Palacios
<p>Impact of Domestic Violence on Children: Domestic violence has far-reaching effects, not only on the direct victims but also on children who witness or experience it. This workshop is designed to help parents, caregivers, and professionals understand the emotional, behavioral, and psychological impact of domestic violence on children. Participants will learn how children may react to witnessing or being involved in violent situations, the long-term consequences of such trauma, and how to provide the necessary support and intervention. We will explore strategies for creating a safe environment, identifying warning signs, and offering emotional support to children affected by domestic violence, as well as resources available for both children and families.</p>	Dr. Wesley Sanders

Decoding Eating Disorders for Parents: Eating disorders can be challenging to identify and even harder to understand, especially for parents who want to support their children through these struggles. This workshop is designed to help parents recognize the signs of eating disorders, understand their emotional and psychological roots, and learn how to respond with compassion and care. Participants will gain insights into common eating disorders such as anorexia, bulimia, and binge eating, and how these conditions can affect a child's physical and mental health. We will also explore effective strategies for communication, offering support, and seeking professional help. By the end of the session, parents will feel more confident in understanding and addressing eating disorders, fostering a safe environment for healing and recovery.

Dr. Abram Milton

What To Do About Cyberbullying: Cyberbullying is a growing concern for children and teens, as it can have lasting emotional and psychological effects. This workshop is designed to help parents, caregivers, and educators understand the impact of cyberbullying, how to recognize it, and what steps to take to protect children from harm. Participants will learn how to talk to children about their online experiences, how to identify the signs of cyberbullying, and how to provide support if they are being targeted. We will discuss practical strategies for preventing cyberbullying, including setting healthy online boundaries, monitoring digital activity, and empowering children to stand up for themselves in safe and constructive ways.

Olivia J. Chavira

Dealing with Emotions During the Holidays: The holiday season can bring a mix of joy and stress, and for some families, it can amplify emotions like anxiety, sadness, or even frustration. This workshop is designed to help parents and caregivers navigate the emotional challenges that can arise during the holidays. Participants will learn strategies for managing stress, maintaining healthy emotional boundaries, and providing support to children who may struggle with the holiday season. We'll discuss how to recognize the signs of emotional distress, balance family expectations, and create a calm, supportive atmosphere at home. You'll leave with practical tools to handle holiday pressures and help everyone in your family enjoy a more peaceful, positive holiday experience.

Betty Cowley

Childhood Stress During the Holidays: The holiday season, while festive, can bring stress and overwhelm for children due to changes in routine, heightened expectations, and family dynamics. This workshop is designed to help parents, caregivers, and educators understand how childhood stress can manifest during the holidays and how to support children through these challenges. Participants will learn strategies to recognize signs of stress in children, how to create a calming environment, and how to maintain structure while still enjoying the season. We'll explore practical ways to manage holiday pressures, encourage healthy coping skills, and foster a sense of security and comfort for children during this busy time of year.

Vanessa Palacios

January

<p>Positive Discipline Technique: Positive discipline is a proactive and respectful approach to guiding children's behavior, focusing on teaching rather than punishment. This workshop is designed for parents, caregivers, and educators who want to foster cooperation, respect, and responsibility in children through positive discipline techniques. Participants will learn how to set clear expectations, model appropriate behaviors, and use constructive feedback to encourage positive actions. We will explore strategies like problem-solving, offering choices, and reinforcing good behavior, all while maintaining a compassionate and consistent approach. By the end of the workshop, you'll be equipped with tools to promote long-term behavioral changes and nurture a positive, respectful relationship with the children in your care.</p>	Christine Stellino
<p>Trauma Informed Parenting: Trauma-Informed Parenting is an approach that helps parents and caregivers understand how past traumatic experiences can affect a child's behavior, emotions, and development. This workshop is designed to provide tools and strategies for parenting children who may have experienced trauma, whether from abuse, neglect, or other challenging life situations. Participants will learn how trauma can impact a child's brain development, behavior, and relationships, and how to create a safe, nurturing environment that fosters healing. We'll explore ways to build trust, set boundaries, and support children's emotional regulation while promoting resilience and growth.</p>	Olivia J. Chavira
<p>Safe Guard A Child's Identity: A child's identity is deeply tied to their sense of self-worth, belonging, and understanding of the world. Protecting and nurturing a child's identity is crucial for their emotional well-being, especially in environments where they may face challenges or instability. This workshop is designed for parents, caregivers, and educators to learn how to safeguard and affirm a child's sense of identity. Participants will explore the importance of fostering a positive self-image, respecting a child's personal history, culture, and individuality, and creating an environment that celebrates their uniqueness. We'll also discuss strategies to help children cope with challenges to their identity and how to empower them to feel confident and valued.</p>	Betty Cowley
<p>Síndrome de estrés postraumático - SPANISH: Post-Traumatic Stress Disorder (PTSD) is a psychological condition that can develop after a significant traumatic experience. This workshop is designed to help parents, caregivers, and professionals understand how PTSD affects children and adolescents, its symptoms, and how to provide the appropriate support for their recovery. Through this workshop, we will explore how traumatic events can influence the behavior and emotional well-being of children, the warning signs of PTSD, and effective strategies for creating a safe and supportive environment. Additionally, we will discuss how to foster resilience, manage the emotional challenges resulting from trauma, and when it is necessary to seek professional help.</p>	Lelia Montiel
<p>Bullying: Emotional Impact on Youth: Bullying is a widespread issue that can have long-lasting emotional and psychological effects on youth. This workshop is designed to help parents, caregivers, and educators understand the emotional toll that bullying can take on children and adolescents. Participants will learn about the different forms of bullying, including physical, verbal, and cyberbullying, and how these experiences can impact a child's self-esteem, mental health, and overall well-being. We will explore strategies for identifying the signs of bullying, supporting children through their emotional struggles, and fostering a safe and supportive environment. Additionally, the workshop will cover how to help children build resilience and self-confidence in the face of bullying.</p>	Vanessa Palacios
<p>Positive Father Engagement: Strategies for Healthy Parenting: Active and engaged fatherhood plays a crucial role in a child's emotional, social, and cognitive development. This workshop is designed to help fathers (and father figures) explore the importance of their involvement in their child's life and how they can foster a strong, positive relationship. Participants will learn strategies for building healthy communication, setting a positive example, and being actively involved in their child's day-to-day experiences. We'll discuss ways to support emotional well-being, nurture a child's self-esteem, and create a balanced approach to parenting that promotes connection and trust. By the end of the session, fathers will have practical tools to enhance their role as positive, involved, and supportive figures in their child's life.</p>	Dr. Wesley Sanders
<p>Understanding Child Abuse and Neglect: Child abuse and neglect are serious issues that can have lasting effects on a child's physical, emotional, and psychological well-being. This workshop is designed to help parents, caregivers, and professionals recognize the signs of abuse and neglect, understand the impact on children, and learn how to respond effectively. Participants will gain insights into the different forms of abuse—physical, emotional, sexual, and neglect—and how they can manifest in behavior and development. We will also discuss the role of mandated reporting, how to support children who have experienced abuse, and the resources available for families affected by abuse and neglect.</p>	Senait Eyasu
<p>Addressing Stress in Foster Children: Foster children often experience high levels of stress due to past trauma, instability, and the challenges that come with being placed in new environments. This workshop is designed to help foster parents and caregivers understand the unique stressors foster children may face and how to effectively address them. Participants will learn about the physical, emotional, and behavioral signs of stress in children, as well as strategies for creating a stable, supportive environment that promotes healing. We will explore techniques for managing stress through routines, communication, and coping skills, while also addressing the importance of self-care for caregivers.</p>	Dr. Abram Milton

<p>Positive Discipline Technique: Positive discipline is a proactive and respectful approach to guiding children's behavior, focusing on teaching rather than punishment. This workshop is designed for parents, caregivers, and educators who want to foster cooperation, respect, and responsibility in children through positive discipline techniques. Participants will learn how to set clear expectations, model appropriate behaviors, and use constructive feedback to encourage positive actions. We will explore strategies like problem-solving, offering choices, and reinforcing good behavior, all while maintaining a compassionate and consistent approach. By the end of the workshop, you'll be equipped with tools to promote long-term behavioral changes and nurture a positive, respectful relationship with the children in your care.</p>	Christine Stellino
<p>Building Self-Regulation Skills: Guidance for Parents and Children: Self-regulation is key to emotional well-being and healthy behavior. This workshop is designed for parents and caregivers to learn how to help children build self-regulation skills. Participants will explore strategies for teaching children to manage emotions, control impulses, and respond to challenges in positive ways. We'll discuss techniques for setting clear expectations, providing consistent support, and fostering an environment that encourages emotional growth and resilience.</p>	Olivia J. Chavira
<p>Struggles with Personal Hygiene: Personal hygiene is an essential part of a child's development, impacting both physical health and self-esteem. However, many children—especially those facing challenges like sensory sensitivities, trauma, or behavioral struggles—may resist or struggle with personal hygiene routines. This workshop is designed for parents, caregivers, and educators to explore common reasons children may struggle with hygiene and how to approach the issue with understanding and patience. Participants will learn practical strategies to help children develop good hygiene habits, offer sensory-friendly solutions, and create a consistent and positive hygiene routine. We'll also discuss how to address underlying emotional or psychological barriers that may be contributing to resistance.</p>	Betty Cowley
<p>Problemas de sueño en los niños - SPANISH: Sleep is fundamental for the physical, emotional, and cognitive development of children. However, many children face difficulties in sleeping or maintaining a healthy sleep routine, which can affect their overall well-being. This workshop is designed to help parents and caregivers understand the common causes of sleep problems in children and how to address them effectively. We will explore strategies for establishing consistent sleep routines, creating a suitable sleep environment, and techniques to help children relax before bedtime. Additionally, we will discuss how factors such as anxiety, stress, or health issues can influence sleep patterns and how to intervene in a positive way.</p>	Lelia Montiel
<p>Understanding Conduct Disorder: Intervention and Support: Conduct Disorder (CD) is a serious behavioral condition that can significantly impact a child's social, emotional, and academic development. This workshop is designed to help parents, caregivers, and professionals understand Conduct Disorder, its signs and symptoms, and how to provide effective intervention and support for children affected by it. Participants will explore the root causes of CD, including environmental, genetic, and social factors, and gain practical strategies for managing challenging behaviors. We will also discuss how to work collaboratively with schools, counselors, and other professionals to create a comprehensive plan for supporting children with CD, while promoting positive behavior, emotional regulation, and healthy relationships.</p>	Vanessa Palacios
<p>The Sexualized Child in Foster Care: Children in foster care, particularly those who have experienced trauma, may exhibit sexualized behaviors as a result of abuse or neglect. This workshop is designed to help social workers, caregivers, and resource parents understand the complexities of these behaviors and how to address them with sensitivity and care. Participants will gain insights into the underlying causes of sexualized behavior in children, including trauma, attachment issues, and exposure to inappropriate situations. We will explore strategies for responding to these behaviors in a supportive, non-punitive way, and provide tools for creating a safe and nurturing environment for healing. The session will also cover the importance of clear communication, setting appropriate boundaries, and accessing resources and support for both the child and the caregivers.</p>	Dr. Wesley Sanders
<p>Understanding Child Abuse and Neglect pt 2: Child abuse and neglect are serious issues that can have lasting effects on a child's physical, emotional, and psychological well-being. This workshop is designed to help parents, caregivers, and professionals recognize the signs of abuse and neglect, understand the impact on children, and learn how to respond effectively. Participants will gain insights into the different forms of abuse—physical, emotional, sexual, and neglect—and how they can manifest in behavior and development. We will also discuss the role of mandated reporting, how to support children who have experienced abuse, and the resources available for families affected by abuse and neglect.</p>	Senait Eyasu
<p>Setting and Maintaining Healthy Boundaries: Healthy boundaries are essential for creating safe, respectful, and supportive relationships, whether in a family, work, or social setting. This workshop is designed for parents, caregivers, and professionals who want to learn how to establish and maintain healthy boundaries with children, colleagues, and peers. Participants will explore the importance of boundaries in promoting emotional well-being and personal growth, as well as the role they play in creating stable, trusting relationships. We will discuss practical strategies for setting clear, consistent boundaries, recognizing when boundaries are being crossed, and maintaining those limits in a way that fosters respect and cooperation.</p>	Dr. Abram Milton

<p>LGBTQ+ Youth: Navigating Identity, Support, and Advocacy: Supporting LGBTQ+ youth through their journey of self-discovery and identity formation is crucial for their well-being and mental health. This workshop is designed for parents, caregivers, social workers, and educators who want to better understand the unique challenges that LGBTQ+ youth face and learn how to provide supportive, affirming environments. Participants will explore topics such as understanding gender identity and sexual orientation, recognizing the signs of discrimination or isolation, and how to foster an inclusive space that allows LGBTQ+ youth to feel safe and heard. The session will also focus on advocacy, including how to empower youth to embrace their authentic selves, while also learning about the resources and support systems available</p>	<p>Betty Cowley</p>
<p>Cómo ayudar a niños y adolescentes afrontar la ansiedad social - SPANISH: Social anxiety can significantly impact children and adolescents, affecting their well-being and social interactions. This workshop provides parents, caregivers, and professionals with tools to identify and address social anxiety. Participants will learn about the causes and symptoms, as well as practical strategies to help young people manage fears, build social skills, and boost self-confidence. We'll also cover relaxation techniques and ways to create a supportive environment for overcoming anxiety.</p>	<p>Lelia Montiel</p>
<p>Eating Disorders in Foster Care: Children in foster care are often at higher risk for developing eating disorders due to the trauma, neglect, or instability they may have experienced. This workshop is designed to help foster parents, caregivers, and professionals understand the signs, symptoms, and underlying causes of eating disorders in foster children. Participants will explore how trauma and adverse experiences can influence eating behaviors and emotional health, and how to approach these sensitive issues with compassion and understanding. We will discuss strategies for identifying early warning signs, providing emotional support, and creating a safe, nurturing environment to promote healthy eating habits. Additionally, we'll explore resources and treatment options for children struggling with eating disorders in foster care</p>	<p>Vanessa Palacios</p>
<p>Managing Tantrums and Meltdowns in Children: Tantrums and meltdowns are common behaviors in young children, but they can be especially challenging for parents, caregivers, and educators to manage effectively. This workshop is designed to help participants understand the triggers behind tantrums and meltdowns, and how to respond in a calm, supportive, and constructive way. We will explore strategies for de-escalating intense emotional reactions, teaching emotional regulation skills, and setting clear, consistent boundaries. Participants will also learn how to distinguish between a tantrum (a deliberate attempt to get something) and a meltdown (an overwhelming emotional response), and how to address each appropriately. The session will offer practical techniques for preventing and managing these behaviors, while maintaining a nurturing and understanding environment for the child.</p>	<p>Dr. Wesley Sanders</p>
<p>Understanding Child Abuse and Neglect pt.3: Child abuse and neglect are serious issues that can have lasting effects on a child's physical, emotional, and psychological well-being. This workshop is designed to help parents, caregivers, and professionals recognize the signs of abuse and neglect, understand the impact on children, and learn how to respond effectively. Participants will gain insights into the different forms of abuse—physical, emotional, sexual, and neglect—and how they can manifest in behavior and development. We will also discuss the role of mandated reporting, how to support children who have experienced abuse, and the resources available for families affected by abuse and neglect.</p>	<p>Senait Eyasu</p>
<p>Guiding a Foster Child with Bipolar Disorder: Supporting a foster child with bipolar disorder presents unique challenges, as their emotional and behavioral fluctuations can be difficult to manage. This workshop is designed for foster parents, caregivers, and professionals who are looking for guidance on how to support children with bipolar disorder in a compassionate and effective way. Participants will learn about the signs and symptoms of bipolar disorder in children, how to recognize manic and depressive episodes, and the best approaches to managing these fluctuations. We will explore strategies for creating a structured, predictable environment, teaching coping skills, and promoting emotional regulation. Additionally, we will discuss the importance of collaboration with mental health professionals and how to access resources for ongoing support for both the child and the caregiver.</p>	<p>Dr. Abram Milton</p>
<p>Raising Resilient Children: Resilience is the ability to bounce back from challenges and adversity, and it is a vital skill for children to develop in order to thrive in life. This workshop is designed for parents, caregivers, and educators who want to help children build the emotional strength and coping skills they need to navigate life's ups and downs. Participants will learn strategies to foster resilience in children, including how to encourage a growth mindset, promote problem-solving abilities, and model healthy emotional expression. We'll also discuss the importance of supportive relationships, positive reinforcement, and creating a safe environment where children feel empowered to face challenges. By the end of the workshop, you'll have practical tools to help your child develop resilience that will support them throughout their lives.</p>	<p>Christine Stellino</p>

The Early Years—Development and Care for Non-School-Aged Children: The early years of a child's life Olivia J. Chavira are critical for their overall development, laying the foundation for emotional, cognitive, and physical growth. This workshop is designed for parents, caregivers, and professionals who work with children under the age of five, focusing on the unique developmental needs of non-school-aged children. Participants will learn about key milestones in early childhood development and how to provide age-appropriate care that supports a child's growth. We will explore strategies for fostering secure attachment, promoting language and motor skills, and creating a nurturing environment that encourages exploration and learning.

Working with Your Social Worker: A strong partnership between caregivers and social workers is essential for supporting the well-being and development of children, especially in the foster care system. This workshop is designed to help caregivers, foster parents, and professionals understand the role of a social worker and how to collaborate effectively to meet the needs of the child in their care. Participants will learn about the responsibilities of a social worker, the process of case management, and how to communicate and advocate for the child's needs. We'll also discuss how to establish a positive, cooperative relationship, navigate challenges, and ensure the child's best interests are always the top priority. Betty Cowley

Tratamiento y abuso de sustancias en adolescentes - SPANISH: Substance abuse in adolescents is a growing concern that can have long-term effects on their emotional, physical, and social development. This workshop is designed for parents, caregivers, and professionals working with young people, with the goal of providing effective tools and strategies to address substance abuse during this critical stage of life. Participants will learn about risk factors, warning signs, and the consequences of substance abuse in adolescents. Additionally, approaches for prevention will be explored, as well as treatment options and intervention strategies to help young people overcome this challenge. The workshop will also discuss how to support adolescents in their path to recovery and create a healthy and supportive environment. Lelia Montiel

Effective Discipline Strategies: Tools for Positive Parenting: Discipline is an essential part of parenting, but it doesn't have to be about punishment. Instead, it can be an opportunity to teach, guide, and strengthen the parent-child relationship. This workshop is designed for parents, caregivers, and professionals who want to learn effective, positive discipline strategies that encourage good behavior while maintaining a nurturing environment. Participants will explore age-appropriate techniques for setting clear boundaries, reinforcing positive behavior, and managing challenging situations with patience and consistency. We'll also discuss the importance of modeling respectful behavior, fostering emotional intelligence, and using discipline as a tool for building self-esteem and responsibility in children. Vanessa Palacios

Choices, Consequences, and Responsibility: Every choice a child makes comes with a consequence—whether positive or negative—and understanding this connection is essential for their growth and development. This workshop is designed for parents, caregivers, and educators who want to help children develop decision-making skills, understand the impact of their actions, and take responsibility for their behavior. Participants will learn strategies for guiding children through the process of making thoughtful choices, understanding natural and logical consequences, and promoting accountability. We'll also explore how to create an environment where children can learn from their mistakes and feel empowered to make better choices in the future. Dr. Wesley Sanders

Understanding Child Abuse and Neglect pt.4: Child abuse and neglect are serious issues that can have lasting effects on a child's physical, emotional, and psychological well-being. This workshop is designed to help parents, caregivers, and professionals recognize the signs of abuse and neglect, understand the impact on children, and learn how to respond effectively. Participants will gain insights into the different forms of abuse—physical, emotional, sexual, and neglect—and how they can manifest in behavior and development. We will also discuss the role of mandated reporting, how to support children who have experienced abuse, and the resources available for families affected by abuse and neglect. Senait Eyasu

Promoting Healthy Development in Foster Children: Foster children often face unique challenges due to trauma, instability, and past neglect, which can impact their emotional, physical, and social development. This workshop is designed for foster parents, caregivers, and professionals who are committed to supporting foster children's growth and well-being. Participants will learn strategies to promote healthy emotional, cognitive, and physical development in foster children. We'll explore trauma-informed care, the importance of creating a stable and nurturing environment, and how to address specific developmental needs at different stages. Additionally, the session will cover how to build resilience, foster self-esteem, and provide resources for ongoing support. Dr. Abram Milton

February

Parenting Through Stress and Uncertainty: This workshop is designed to equip parents with the tools and strategies to navigate the challenges that arise when stress and uncertainty impact family life. In this session, participants will learn practical techniques for managing their own stress, while also fostering a supportive and stable environment for their children. The workshop will explore ways to maintain emotional resilience, strengthen communication within the family, and build healthy coping mechanisms during times of crisis. Whether it's dealing with daily pressures, financial uncertainty, or broader societal challenges, this workshop will offer valuable insights on how parents can stay grounded, create stability, and help their children thrive despite difficult circumstances.

Christine Stellino

Social Media with Teens: Balancing Connection and Safety: This workshop is designed to help parents and caregivers navigate the complex world of social media while ensuring their teens stay safe online. In this session, participants will explore the positive aspects of social media, such as fostering connections and building self-expression, as well as the potential risks, including cyberbullying, privacy concerns, and unhealthy comparisons. The workshop will provide practical strategies for setting boundaries, fostering open communication, and encouraging responsible online behavior, all while promoting a healthy balance between staying connected and protecting their teens from online harm. Attendees will leave with a clearer understanding of how to guide their teens through the digital landscape with confidence and care.

Olivia J. Chavira

Addiction: How It Affects The Family: This workshop aimed at helping families understand the far-reaching impacts of addiction and how it affects every member of the household. This session will explore the emotional, psychological, and relational challenges that arise when a loved one struggles with addiction, including feelings of frustration, fear, and confusion. Participants will learn how addiction can create a cycle of stress, mistrust, and codependency, and will gain insights into the ways family dynamics are altered. The workshop will also provide practical tools for coping with the challenges of living with someone affected by addiction, including strategies for setting boundaries, fostering open communication, and seeking support. Attendees will leave with a deeper understanding of how addiction impacts not only the individual but the entire family unit, and how they can work together to heal and support one another.

Betty Cowley

Cuestiones culturales en la crianza SPANISH: This workshop is designed to explore how cultural influences impact parenting practices and approaches. In this session, participants will reflect on how their values, traditions, and cultural beliefs affect the way they raise their children, and how these differences can create challenges in multicultural contexts or when facing social expectations. The importance of balancing the preservation of cultural identity with adaptation to new realities will be discussed, along with how to promote respectful, inclusive parenting that supports children's emotional well-being. Attendees will leave with tools to manage cultural tensions positively, supporting the development of their children in a diverse and globalized world.

Lelia Montiel

Autism 101: Understanding the Spectrum and Support Strategies: Is an introductory workshop designed to provide participants with a foundational understanding of autism and the various ways it can manifest in individuals. In this session, we will explore the diverse aspects of the autism spectrum, from the unique strengths and talents of individuals with autism to the challenges they may face in communication, socialization, and navigating routines. Additionally, practical strategies and resources will be shared to effectively support individuals with autism, both at home, in school, and within the community. The workshop will also encourage greater empathy and understanding, equipping participants with tools to create inclusive, respectful, and supportive environments tailored to the needs of those on the spectrum.

Vanessa Palacios

The Impact of Domestic Violence on Children: This workshop focuses on raising awareness about the profound effects domestic violence can have on children. In this session, participants will learn about the emotional, psychological, and behavioral challenges that children may experience when exposed to violence in the home, including issues like anxiety, depression, and difficulties with trust and relationships. The workshop will also cover the long-term consequences that witnessing domestic violence can have on a child's development and well-being. Participants will gain insights into how to identify signs of trauma in children and explore strategies for supporting and healing those affected. Additionally, the session will highlight the importance of creating a safe, supportive environment for children to help them recover and thrive despite the challenges they may have faced.

Dr. Wesley Sanders

Behavior Management: This workshop designed to equip parents, caregivers, and educators with effective strategies for understanding and managing challenging behaviors in children. This session will explore the root causes of behavior issues, such as unmet needs, communication difficulties, or emotional struggles, and provide practical tools for addressing them in a positive, constructive way. Participants will learn how to set clear expectations, use consistent discipline techniques, and reinforce positive behaviors while fostering a nurturing environment that encourages growth and self-regulation. The workshop will also cover how to tailor approaches to the individual needs of each child, helping caregivers create a balanced and supportive approach to behavior management that promotes both respect and understanding.

Senait Eyasu

Mental Health Insights for African American Families: This workshop is designed to address the unique mental health challenges faced by African American families while offering strategies to promote emotional well-being. In this session, participants will explore the cultural, social, and historical factors that influence mental health within the African American community, including stigma, access to care, and the impact of systemic issues. The workshop will provide practical tools for fostering open conversations about mental health, building resilience, and supporting family members through stress, anxiety, and other emotional challenges. Participants will also learn about resources and coping strategies that can help strengthen mental health in a culturally affirming way, while emphasizing the importance of self-care, community support, and breaking down barriers to mental health care.

Dr. Abram Milton

Parenting Through Stress and Uncertainty pt.2: Is a continuation of our workshop series designed to further support parents in navigating the challenges of raising children during times of stress and uncertainty. In this session, we will dive deeper into advanced coping strategies and resilience-building techniques that help both parents and children manage difficult emotions and unpredictable situations. Participants will gain a better understanding of how to foster emotional regulation in themselves and their children, strengthen family bonds, and create a sense of stability even in unstable times. Additionally, we will discuss the importance of self-compassion and self-care, exploring how parents can maintain their well-being while providing a nurturing environment for their kids. Attendees will leave with practical tools to reinforce their emotional resilience, promote positive coping mechanisms, and ensure their family's mental and emotional health during tough times.

Christine Stellino

The Five Critical Needs of Children: This workshop focused on understanding the essential needs that children must have met in order to thrive emotionally, socially, and academically. In this session, participants will explore the five key areas of child development: safety, love and belonging, self-esteem, self-expression, and the need for structure and boundaries. By examining each of these needs, the workshop will provide parents and caregivers with a deeper understanding of how to create a supportive environment that promotes a child's overall well-being. Participants will also learn practical strategies to meet these needs in everyday life, from fostering positive relationships to ensuring a safe, nurturing space for growth. Attendees will leave with a toolkit of approaches that support the healthy development of children, ensuring they have the foundation to build resilience, confidence, and a strong sense of self.

Olivia J. Chavira

Avoiding Burnout: In this session, participants will explore the causes and symptoms of burnout, including stress, exhaustion, and emotional fatigue, and how these can affect their well-being, relationships, and productivity. The workshop will provide practical tools for setting healthy boundaries, managing stress, prioritizing self-care, and creating a balanced routine that supports long-term resilience. Participants will also learn how to identify their limits and cultivate habits that foster emotional and physical renewal, helping them maintain a sustainable level of energy and enthusiasm. By the end of the session, attendees will have a personalized plan to protect their well-being and avoid the overwhelming effects of burnout.

Betty Cowley

Manejo de la ira en adolescentes SPANISH; In this session, participants will learn about the common causes of anger in young people, such as stress, social pressure, hormonal changes, and emotional difficulties. Effective strategies will be presented to help teenagers recognize, express, and control their anger in a healthy way, promoting open communication and self-control. Additionally, techniques will be explored for adults to support young people in managing their emotions, setting appropriate boundaries, and fostering an environment of mutual respect. Participants will take away practical tools to help teenagers transform their anger into an opportunity for personal growth and improved relationships.

Lelia Montiel

Teen Substance Abuse Awareness: In this session, participants will learn about the common substances used by teens, the risk factors that contribute to substance abuse, and the physical, emotional, and social consequences of addiction. The workshop will also provide practical strategies for preventing substance abuse, opening up conversations with teens, and offering support when issues arise. Attendees will gain insights into creating a safe, non-judgmental environment where teens feel comfortable discussing their struggles, and learn how to guide them toward healthier coping mechanisms. By the end of the session, participants will be equipped with the knowledge and tools to support teens in making positive choices and overcoming challenges related to substance use.

Vanessa Palacios

Preparing for Transition: Life After Aging Out of Foster Care: In this session, participants will gain valuable insights into the emotional, financial, and practical aspects of transitioning to independent adulthood. The workshop will cover topics such as finding stable housing, managing finances, pursuing education and career opportunities, building a support network, and addressing mental health needs. Additionally, attendees will learn about available resources, services, and programs designed to support young adults during this critical time of change. By the end of the session, participants will be better equipped with the knowledge and tools necessary to successfully transition into a life of independence and self-sufficiency.

Dr. Wesley Sanders

<p>Behavior Management Pt. 2: Participants will explore deeper techniques for managing complex behaviors like defiance and aggression, focusing on promoting positive behavior through consistency, reinforcement, and natural consequences. The session will also cover tailoring approaches to individual needs and fostering stronger relationships. Attendees will leave with practical tools to enhance their behavior management skills and support long-term growth.</p>	Senait Eyasu
<p>Modeling Positive Behavior: Participants will learn how to demonstrate the values and actions they want to see in their children, emphasizing the importance of leading by example in everyday situations. The session will explore how positive behaviors such as respect, empathy, and responsibility can be modeled consistently, and how children are influenced by the actions and attitudes of the adults around them. Attendees will leave with practical strategies for becoming strong role models, creating a positive environ-</p>	Betty Cowley
<p>Adicción a la marihuana SPANISH: In this session, participants will explore how frequent marijuana use can lead to addiction, the signs of dependence, and the associated risks, particularly in adolescents and young adults. Strategies for preventing addiction will also be discussed, along with available resources and treatments for those seeking support. Attendees will learn how to approach the topic in an open, non-judgmental way, offering the necessary support for those struggling with marijuana addiction, and promoting healthier alternatives for managing stress and anxiety.</p>	Lelia Montiel
<p>Turning Negative into Positives: Attitude Adjustment: In this session, participants will learn how to recognize and challenge negative thoughts, replace them with positive affirmations, and adopt an attitude of growth and resilience. The workshop will explore the power of perspective, emphasizing how shifting one's mindset can improve emotional well-being, increase motivation, and enhance relationships. Attendees will leave with practical tools and strategies to shift their attitude, overcome obstacles with a positive outlook, and create a more fulfilling and optimistic approach to life's challenges.</p>	Vanessa Palacios
<p>Fostering Cultural Competence in Foster and Kinship Care: In this session, participants will explore the importance of cultural awareness in fostering healthy, supportive relationships with children from diverse backgrounds. The workshop will cover strategies for addressing cultural differences, promoting respect for cultural traditions, and ensuring that children feel valued and understood. Attendees will learn how to integrate cultural competence into daily caregiving practices, fostering an environment where children can maintain strong connections to their heritage while feeling safe and nurtured in their new homes.</p>	Dr. Wesley Sanders
<p>Behavior Management Pt.3: In this session, participants will learn how to implement individualized approaches for addressing long-term issues like chronic defiance, emotional dysregulation, and difficulty with social interactions. The workshop will explore strategies such as collaborative problem-solving, creating individualized behavior plans, and using therapeutic techniques to support behavior change. Attendees will leave with actionable tools to handle difficult behaviors with patience and consistency, while fostering</p>	Senait Eyasu
<p>Exploring Identity Development in Children of Color: In this session, participants will explore how cultural, racial, and societal influences shape a child's sense of self, self-worth, and belonging. The workshop will cover strategies for supporting children in developing a positive, strong sense of identity, while addressing issues such as racial discrimination, stereotyping, and bias. Attendees will learn how to create an environment that celebrates diversity, fosters cultural pride, and helps children of color navigate and em-</p>	Dr. Abram Milton
<p>Encouraging Growth, Mindset, and Motivation: In this session, participants will learn the importance of encouraging perseverance, resilience, and a positive attitude toward learning. The workshop will explore how to shift from a fixed mindset to a growth mindset, where challenges are seen as opportunities for growth rather than obstacles. Attendees will gain practical strategies for motivating children, building their confidence, and creating an environment that nurtures curiosity, effort, and a love for learning. By the end of the session, participants will be equipped to inspire a mindset that empowers children to achieve their goals and reach their full potential.</p>	Christine Stellino
<p>The Art of Healing: Nurturing Wellness and Resilience: In this session, participants will explore various methods for nurturing resilience, such as mindfulness, self-care practices, and positive coping strategies. The workshop will emphasize the importance of healing from within, promoting overall wellness by addressing both the mind and body. Attendees will learn practical tools for managing stress, overcoming adversity, and building long-term emotional strength. By the end of the session, participants will have a deeper understanding of how to nurture their own resilience and support others on their healing journey.</p>	Olivia J. Chavira
<p>Raising Confident Children: In this session, participants will learn effective strategies for helping children develop a positive self-image, build resilience, and navigate challenges with confidence. The workshop will cover the importance of encouragement, setting achievable goals, and providing constructive feedback. Attendees will also explore ways to create a supportive environment where children feel valued, capable, and empowered to take risks and embrace their strengths. By the end of the session, participants will have practical tools to raise children who believe in themselves and are ready to face the world with confidence.</p>	Betty Cowley

<p>Manejo de medicamentos psicotrópicos SPANISH: In this session, key topics such as the different types of medications, their effects, potential side effects, and the importance of strictly following medical instructions will be covered. Additionally, strategies for monitoring the response to treatment, communicating with healthcare professionals, and addressing any concerns or questions related to the use of these medications will be discussed. The workshop aims to help attendees make informed decisions about managing psychotropic medications, ensuring the well-being and safety of the patient.</p>	Lelia Montiel
<p>Understanding Childhood Anxiety: In this session, participants will learn about the common triggers and symptoms of anxiety, how it manifests differently in children, and how it can impact their emotional and social development. The workshop will also cover practical strategies for supporting children through their anxiety, including coping techniques, fostering a supportive environment, and knowing when to seek professional help. Attendees will leave with a deeper understanding of childhood anxiety and tools to help</p>	Vanessa Palacios
<p>Tools for Parents with Children with Disabilities: In this session, participants will learn how to create a nurturing and inclusive environment that meets their child's unique needs, focusing on communication techniques, behavioral strategies, and promoting independence. The workshop will cover how to collaborate effectively with professionals, navigate special education services, and address challenges related to daily routines and social interactions. Attendees will leave with valuable tools to enhance their child's development, advocate for their needs, and create a positive, supportive atmosphere at home and in the community.</p>	Dr. Wesley Sanders
<p>Behavior Management Pt. 4: In this session, participants will explore strategies for addressing severe behavioral issues, such as trauma-related behaviors or high-risk situations, while fostering emotional regulation and self-control. The workshop will emphasize individualized approaches, including working with professionals, creating tailored behavior plans, and using restorative practices. Attendees will leave with a deeper understanding of how to manage challenging behaviors effectively, strengthen positive relationships, and support long-term growth and development in children.</p>	Senait Eyasu
<p>Encouraging Self-Care in Young Men: In this session, participants will learn practical strategies to help young men develop healthy habits, manage stress, and prioritize their mental health. The workshop will address the challenges young men often face, including societal pressures, emotional expression, and maintaining balance in their lives. Attendees will explore ways to encourage open conversations about self-care, build confidence in seeking help when needed, and promote resilience. By the end of the session, participants will be equipped with tools to support young men in adopting a holistic approach to self-care that fosters long-term well-being.</p>	Dr. Abram Milton

March

<p>Parenting Through Different Developmental Stages: From infancy to adolescence, this session will provide insights into the physical, emotional, and cognitive changes children experience, and offer practical strategies for adjusting parenting styles to meet their evolving needs. Participants will learn how to foster healthy communication, set appropriate boundaries, and support their child's independence, while maintaining strong emotional connections throughout the different stages. By the end of the workshop, attendees will be equipped with the tools to confidently guide their child through each phase of development, ensuring their growth and well-being.</p>	Christine Stellino
<p>Youth and Self-Harming Behaviors: In this session, participants will learn about the underlying causes of self-harm, such as emotional pain, mental health struggles, and social pressures, and how these behaviors may manifest in different ways. The workshop will focus on how to approach the topic with sensitivity, foster open communication, and offer effective support to youth who may be struggling. Attendees will also gain insights into strategies for building resilience, promoting mental health, and connecting with professional resources to help prevent and address self-harming behaviors. By the end of the session, participants will feel more prepared to guide young people through challenging times and encourage healthier ways of coping with emotional distress.</p>	Olivia J. Chavira
<p>How Foster Care Impacts Child Development: In this session, participants will learn about the potential effects of trauma, instability, and disrupted attachments on a child's sense of security, relationships, and overall growth. The workshop will also focus on strategies for supporting foster children in their development, including ways to provide stability, build trust, and address any developmental delays or emotional challenges. Attendees will leave with a deeper understanding of the impact of foster care on child development and practical tools for promoting healing, resilience, and positive outcomes for foster children.</p>	Betty Cowley
<p>Ayudar a las familias a manejar el estrés SPANISH: In this session, participants will learn to identify common sources of stress within the home, how this impact can affect both parents and children, and effective techniques to reduce emotional and physical tension. Practices such as time management, effective communication, and fostering family resilience will be covered. Additionally, the workshop will provide strategies to create a supportive environment, promote self-care, and strengthen family bonds, helping families cope with challenges more calmly and effectively.</p>	Lelia Montiel
<p>Abusive Behavior: Strategies for Prevention and Intervention: In this session, participants will explore the root causes of abusive behavior, such as power dynamics, trauma, and unmet needs, and learn how to identify early warning signs. The workshop will provide practical strategies for preventing abuse, including setting healthy boundaries, fostering open communication, and promoting emotional intelligence. Additionally, it will cover effective intervention techniques, such as how to respond to abusive situations, offer support to victims, and connect individuals with appropriate resources. By the end of the session, attendees will be equipped with the knowledge and tools to recognize, prevent, and intervene in abusive behavior in a compassionate and constructive way.</p>	Vanessa Palacios
<p>Tools for Creating Emotionally Healthy Families: In this session, participants will explore practical strategies for promoting emotional well-being, improving communication, and resolving conflicts in a constructive way. The workshop will cover topics such as setting healthy boundaries, practicing active listening, encouraging empathy, and supporting each family member's emotional needs. Attendees will leave with a toolkit of techniques to create a nurturing environment where emotional health is prioritized, rela-</p>	Dr. Wesley Sanders

<p>ADHD Support Strategies for Foster Parents: In this session, participants will learn about the symptoms, behaviors, and underlying causes of ADHD, and how these may affect a child's daily life and development. The workshop will focus on practical strategies for providing structure, fostering positive behaviors, and improving communication with children who have ADHD. Participants will also explore techniques for managing impulsivity, enhancing focus, and promoting emotional regulation. By the end of the session, foster parents will have a better understanding of ADHD and a range of effective tools to support their child's needs while promoting a positive, nurturing environment.</p>	<p>Dr. Abram Milton</p>
<p>Effective Co-Parenting Techniques: In this session, participants will learn strategies for maintaining healthy communication, setting clear boundaries, and working together to make decisions in the best interest of the child. The workshop will cover conflict resolution, creating consistent routines, and supporting each other's parenting approaches, even if there are differences. Attendees will gain practical tools to strengthen their co-parenting relationship, minimize stress for both parents and children, and ensure a stable, supportive environment for the child's growth and well-being.</p>	<p>Christine Stellino</p>
<p>Mastering Time Management: Balancing Family and Responsibilities: In this session, participants will learn practical strategies for organizing daily tasks, prioritizing activities, and setting realistic goals to achieve a healthy work-life balance. The workshop will cover techniques such as creating schedules, setting boundaries, and learning to say no, while still making time for self-care and family bonding. By the end of the session, attendees will have the tools to manage their time more efficiently, reduce stress, and create a more balanced and fulfilling family life.</p>	<p>Olivia J. Chavira</p>
<p>Therapy: A Resource for Everyone: In this session, participants will learn about the different types of therapy available, including individual, family, and group therapy, and how each can address emotional, mental, and behavioral challenges. The workshop will explore how therapy can help with stress, anxiety, relationship issues, and personal growth, while also breaking down common misconceptions and stigmas surrounding mental health care. Attendees will leave with a better understanding of how therapy can be a supportive tool for anyone looking to improve their emotional well-being and strengthen their relationships.</p>	<p>Betty Cowley</p>
<p>Efectos de la crianza temporal en nuestros niños SPANISH: In this session, participants will learn about the challenges faced by children in the foster care system, such as adapting to constant changes, separation from their biological families, and uncertainty about their future. The effects of these experiences on children's emotional development and sense of security will be discussed, along with strategies to provide them with adequate support. Additionally, tools will be offered for foster caregivers to help children build resilience, promote their well-being, and create a stable and loving environment while they navigate this process.</p>	<p>Lelia Montiel</p>
<p>Trauma-Informed Care: Understanding, Healing, and Support: In this session, attendees will learn about the various types of trauma, including physical, emotional, and psychological, and how trauma can impact behavior, relationships, and overall well-being. The workshop will explore key principles of trauma-informed care, such as creating a safe, supportive environment, recognizing trauma triggers, and promoting healing through empathy and understanding. Participants will also discuss practical strategies for supporting individuals who have experienced trauma, helping them feel empowered, and fostering resilience. The goal is to equip attendees with the tools needed to provide trauma-sensitive care, ensuring that those affected by trauma receive the compassion and support necessary for their recovery and growth.</p>	<p>Vanessa Palacios</p>
<p>The Importance of Self-Regulation for Children & Parents: In this session, participants will explore what self-regulation is, how it influences behavior, and why it is essential for managing emotions, making thoughtful decisions, and building positive relationships. The workshop will cover strategies for children to develop self-control, cope with stress, and respond to challenging situations in a calm, thoughtful manner. It will also focus on how parents can model and teach self-regulation skills to their children, creating an environment where both adults and children can thrive emotionally and socially. By the end of the session, participants will gain practical tools for fostering self-regulation in themselves and their children, improving family dynamics, and promoting emotional well-being.</p>	<p>Dr. Wesley Sanders</p>

April

Conflict Resolution and Social Skills: In this session, participants will learn key techniques for managing disagreements in a respectful and constructive way, such as active listening, problem-solving, and finding common ground. The workshop will also focus on enhancing social skills, including communication, empathy, and emotional regulation, which are essential for building positive relationships. Attendees will leave with practical tools to navigate social challenges, reduce conflict, and foster healthier connections with others.

Christine Stellino

Fostering Healthy Sexual Development: Supportive Guidance for Adolescents: In this session, participants will explore the physical, emotional, and social changes that occur during adolescence, and learn how to approach sensitive topics like relationships, consent, and sexual health in a respectful and informed way. The workshop will also cover how to create an open, non-judgmental environment where teens feel comfortable asking questions and discussing their feelings. Attendees will leave with practical tools to foster healthy sexual development, promote self-esteem, and ensure that adolescents receive the support they need to make informed, respectful choices.

Olivia J. Chavira

Setting Boundaries with Technology Use: In this session, participants will learn how to set clear, age-appropriate boundaries that encourage balanced screen time, while also fostering positive online habits. The workshop will cover topics such as managing social media, gaming, and educational screen time, as well as addressing potential risks like cyberbullying or internet addiction. Attendees will leave with practical strategies for promoting a healthy relationship with technology, encouraging face-to-face interactions, and ensuring that technology use supports rather than interferes with overall well-being.

Betty Cowley

Trastorno obsesivo-compulsivo en niños y adolescentes SPANISH: In this session, participants will learn about the common symptoms of OCD, how it manifests in children and adolescents, and how it impacts their daily life, academic performance, and social relationships. The workshop will cover effective strategies to support young people with OCD, including intervention techniques, treatment options, and how to create a supportive environment at home and school. Additionally, therapeutic approaches such as cognitive-behavioral therapy and anxiety management will be discussed. By the end of the session, attendees will have practical tools to identify and address the challenges of OCD, promoting the well-being and quality of life of affected children and adolescents.

Lelia Montiel

Understanding Antisocial Behavior and Social Anxiety: In this session, participants will learn about the underlying causes of these behaviors, including genetic, environmental, and psychological factors. The workshop will cover strategies for supporting children with social anxiety by helping them build confidence, practice social skills, and manage anxiety in various settings. For children exhibiting antisocial behavior, participants will explore approaches to encourage empathy, improve social interactions, and address emotional and behavioral challenges. Attendees will leave with practical tools to support children in overcoming these challenges and developing healthier social connections.

Vanessa Palacios

Embracing Diversity: Transracial Family Dynamics: In this session, participants will explore how cultural differences can impact family relationships, communication, and identity development. The workshop will offer strategies for fostering a positive sense of identity in children, promoting cultural understanding, and addressing potential issues such as racism and discrimination. Attendees will learn how to create an inclusive and supportive environment that celebrates diversity, strengthens family bonds, and ensures that children of all backgrounds feel valued and understood. By the end of the session, participants will have the tools to embrace and navigate the complexities of transracial family dynamics with confidence and compassion.

Dr. Wesley Sanders

Managing Social Media: A Guide for Parents: In this session, participants will learn about the potential risks and benefits of social media, including issues like cyberbullying, online privacy, and the impact on self-esteem. The workshop will offer practical strategies for setting healthy boundaries, monitoring social media use, and fostering open communication with children about their online experiences. Attendees will leave with the tools to help their children use social media responsibly, build a positive online presence, and stay safe in the digital world.

Dr. Abram Milton

Behavior with Positive Discipline: Key Techniques and Practices: In this session, participants Christine Stellino will learn key techniques such as setting clear expectations, using positive reinforcement, and implementing natural consequences. The workshop will emphasize the importance of empathy, consistency, and fostering mutual respect in the parent-child relationship. Attendees will explore practical ways to address challenging behaviors, encourage problem-solving skills, and promote emotional regulation in children. By the end of the session, participants will have a toolkit of positive discipline practices to help guide children toward responsible, respectful behavior while strengthening their connection.

Teen Mental Health in School: Challenges and Building Support: In this session, participants will explore common mental health issues such as anxiety, depression, and stress that can impact academic performance and social relationships. The workshop will provide strategies for recognizing warning signs, creating a supportive environment, and fostering open communication with teens. Additionally, attendees will learn how schools can offer resources and support, including counseling services and peer support programs, to help teens navigate their mental health challenges. By the end of the session, participants will be equipped with practical tools to advocate for and support teens' mental well-being in school settings.

Olivia J. Chavira

Parenting Dynamics—Strategies to Thriving Through the Teenage Years: In this session, participants will explore effective strategies for managing the challenges of adolescence, such as establishing healthy boundaries, fostering open communication, and supporting emotional development. The workshop will focus on how to build trust, encourage independence, and maintain a strong connection with teens while respecting their growing need for autonomy. Attendees will learn practical tools to address common issues like peer pressure, identity development, and academic stress, empowering parents to help their teens thrive during these pivotal years.

Betty Cowley

Convertir sueños en titulus SPANISH: In this session, participants will learn how to set specific objectives, create an action plan, and overcome any obstacles that may arise on the path to their dreams. The workshop will address the importance of perseverance, focus, and motivation in achieving success, and how to maintain determination in the face of challenges. By the end of the session, participants will have the necessary tools to turn their dreams into tangible achievements and take the necessary steps to reach their personal and professional goals.

Lelia Montiel

Helping Children Overcome Phobias: In this session, participants will learn how to identify common childhood phobias, such as fear of the dark, animals, or social situations, and understand the underlying causes of these fears. The workshop will cover practical techniques such as gradual exposure, cognitive behavioral strategies, and relaxation exercises to help children confront and manage their phobias. Attendees will leave with tools to create a supportive and compassionate environment that helps children build confidence and resilience in overcoming their fears.

Vanessa Palacios

Safe Surrender Laws—Protecting Infants and Supporting Families: This is workshop designed to educate participants about the legal protections and processes surrounding safe surrender laws, which allow parents to safely and anonymously surrender their infants in times of crisis. In this session, participants will learn about the laws in place to protect both the child and the parent, as well as the resources available to families in need of support. The workshop will explore the emotional and legal implications of safe surrender, the importance of providing education on this option, and how communities can better support at-risk families. Attendees will gain a deeper understanding of how these laws work to prevent harm to infants while offering crucial resources for parents facing difficult decisions.

Dr. Wesley Sanders

Overcoming Doubt: Tackling Imposter Syndrome: In this session, participants will explore the root causes of imposter syndrome, such as perfectionism, comparison to others, and fear of failure, and how these feelings can hold them back from reaching their full potential. The workshop will provide practical strategies for challenging negative self-talk, building self-confidence, and embracing accomplishments. Attendees will learn techniques for shifting their mindset, celebrating successes, and overcoming the fear of being "found out" as a fraud. By the end of the session, participants will have the tools to combat imposter syndrome and step into their true capabilities with confidence.

Dr. Abram Milton

Empowering Children to Thrive: Raising Resilient and Resourceful Kids: In this session, participants Christine Stellino will learn how to foster emotional strength, adaptability, and problem-solving skills, helping children navigate challenges with confidence. The workshop will explore ways to create an environment that encourages perseverance, independence, and a positive mindset, while also teaching children how to manage setbacks and develop coping skills. By the end of the session, attendees will leave with practical tools to help children become more resilient, resourceful, and prepared to thrive in the face of adversity.

<p>Understanding Obsessive-Compulsive Personality Disorder (OCPD): In this session, participants will learn about the key traits of OCPD, such as perfectionism, excessive orderliness, and difficulty delegating tasks, and how these behaviors impact relationships, work, and daily life. The workshop will also explore the difference between OCPD and obsessive-compulsive disorder (OCD), as well as common coping mechanisms and strategies for managing symptoms. Attendees will gain insights into supporting individuals with OCPD, whether in a family, educational, or workplace setting, and learn about effective therapeutic approaches to treatment and self-care.</p>	<p>Olivia J. Chavira</p>
<p>Discipline Vs. Punishment: In this session, participants will learn that discipline focuses on teaching and guiding, while punishment tends to focus on consequences for misbehavior. The workshop will cover techniques for fostering respect, self-control, and accountability in children, while emphasizing the importance of setting clear expectations and maintaining consistent, fair approaches. Attendees will leave with practical tools to promote positive behavior, build stronger relationships, and create an environment where children</p>	<p>Betty Cowley</p>
<p>Uso de redes sociales en niños SPANISH: In this session, participants will learn about the risks and benefits of using social media platforms, how to protect children's privacy online, and how to spot signs of cyberbullying or problematic behavior. Additionally, strategies for encouraging responsible social media use, promoting open communication about the content children consume, and teaching children how to manage their screen time in a balanced way will be discussed. By the end of the workshop, attendees will have practical tools to support children in their relationship with social media in a safe and healthy way.</p>	<p>Lelia Montiel</p>
<p>Understanding Bipolar Disorder: In this session, participants will learn about the different types of bipolar disorder, including Bipolar I, Bipolar II, and cyclothymia, as well as the common symptoms such as extreme mood swings, depression, and mania. The workshop will also explore treatment options, including medication, therapy, and lifestyle changes, and provide strategies for supporting loved ones living with the disorder. Attendees will gain valuable insights into recognizing the signs of bipolar disorder, how it impacts relationships, and how to create a supportive environment for individuals affected by this condition.</p>	<p>Vanessa Palacios</p>
<p>Children's Brain Development: Insights for Parents and Caregivers: In this session, participants will learn about the various stages of brain development from infancy through adolescence, and how experiences, environment, and relationships influence brain growth. The workshop will focus on how positive interactions, such as nurturing, play, and communication, can promote healthy brain development. Attendees will leave with practical strategies to foster a stimulating environment, encourage learning, and support emotional reg-</p>	<p>Dr. Wesley Sanders</p>
<p>Understanding and Managing Behavioral Disorders: In this session, participants will learn about common behavioral disorders, such as ADHD, oppositional defiant disorder (ODD), and conduct disorder, and how these conditions can impact a child's behavior, relationships, and academic performance. The workshop will provide practical strategies for managing challenging behaviors, including setting clear expectations, using positive reinforcement, and implementing consistent routines. Attendees will leave with tools to better support children with behavioral disorders, promote positive behavior, and create a structured, nurturing environment for growth and development.</p>	<p>Dr. Abram Milton</p>
<p>Thriving as a Parent in Times of Stress and Uncertainty: In this session, participants will explore strategies for managing stress while maintaining a positive and supportive environment for their children. The workshop will cover practical techniques such as mindfulness, effective communication, self-care, and setting healthy boundaries, to help parents reduce overwhelm and stay grounded during challenging times. Attendees will learn how to foster emotional well-being within the family, build resilience in themselves and their children, and maintain a sense of stability despite uncertainty. By the end of the session, parents will have the tools to thrive through adversity and strengthen their families during tough times.</p>	<p>Christine Stellino</p>
<p>Preventing Bullying: Strategies for a Safe and Inclusive Environment: In this session, participants will learn about the different types of bullying—physical, verbal, and cyberbullying—and the impact they have on children and adolescents. The workshop will provide practical strategies for promoting inclusion, fostering empathy, and teaching conflict resolution skills to prevent bullying before it starts. Participants will also explore how to recognize warning signs of bullying and how to respond effectively if it occurs. By the end of the session, attendees will be equipped with tools to create an atmosphere of respect and kindness, ensuring that children and young people feel safe, valued, and supported.</p>	<p>Olivia J. Chavira</p>
<p>Preparing For Placement: In this session, participants will learn about the practical, emotional, and legal aspects of preparing for a child's arrival, including understanding the child's needs, setting up the home environment, and ensuring a smooth transition. The workshop will focus on building a welcoming and supportive atmosphere for children, addressing trauma and attachment issues, and communicating effectively with children in care. Attendees will also explore how to manage their expectations, prepare their families, and access resources to support the child's well-being during the placement. By the end of the session, participants will feel more confident and prepared to provide a stable, nurturing environment for children in care.</p>	<p>Betty Cowley</p>

<p>El impacto de la crianza en los niños biológicos SPANISH: In this session, participants will learn about the emotional and psychological challenges biological children may face when sharing their home with a child in a vulnerable situation, how to manage feelings of jealousy, insecurity, or resentment, and how to maintain a healthy family dynamic. The workshop will also offer strategies to promote empathy, open communication, and emotional support, ensuring that biological children feel equally valued and understood. By the end of the session, attendees will have tools to balance the needs of all family members and foster a positive, supportive environment for all children involved.</p>	Lelia Montiel
<p>Teen Dating Violence: Recognizing, Preventing, and Supporting: In this session, participants will learn about the signs of emotional, physical, and digital abuse in teen relationships, and how to have open, honest conversations with teens about healthy relationships, respect, and consent. The workshop will cover practical strategies for preventing dating violence, including promoting self-esteem, setting boundaries, and teaching conflict resolution skills. Additionally, participants will explore how to offer support to teens who may be experiencing abuse, including how to connect them with resources and professional help. By the end of the session, attendees will have the tools to help teens build safe, respectful relationships and take action if violence occurs.</p>	Vanessa Palacios
<p>Transracial Parenting: Embracing Diversity in Families: In this session, participants will explore the challenges and joys that come with parenting children of different racial or cultural backgrounds. The workshop will focus on fostering a positive sense of identity in children, promoting cultural awareness, and addressing issues such as racism and discrimination. Attendees will learn strategies for creating an inclusive and supportive family environment, where diversity is celebrated and every family member feels valued. By the end of the session, participants will have practical tools to help children develop a strong, positive identity while embracing and honoring their diverse backgrounds.</p>	Dr. Wesley Sanders
<p>Recognizing and Responding to Child Abuse: In this session, participants will gain a deeper understanding of the different types of abuse—physical, emotional, sexual, and neglect—and how these can manifest in a child's behavior, emotions, and physical appearance. The workshop will cover how to approach sensitive conversations with children, as well as the appropriate steps to take if abuse is suspected, including reporting procedures and connecting families with support services. Attendees will leave with practical tools and resources for keeping children safe, creating supportive environments, and providing the help children need to heal and recover.</p>	Dr. Abram Milton
<p>Teen Eating Disorders: Support and Strategies for Recovery: In this session, participants will learn to recognize the warning signs of disorders like anorexia, bulimia, and binge eating, and the impact these conditions have on physical and mental health. The workshop will focus on how to provide compassionate, non-judgmental support, promote healthy body image, and encourage open communication with teens about food, self-esteem, and emotional well-being. Participants will also explore effective strategies for supporting recovery, including professional treatment options and creating a positive, supportive home environment. By the end of the session, attendees will have the tools to help teens address eating disorders and work toward healing and recovery.</p>	Olivia J. Chavira
<p>Collaborating with the School, Support Systems, and Your Social Worker: In this session, participants will learn how to communicate effectively with educators, school counselors, and social workers, and understand the role these professionals play in supporting their child's emotional, academic, and social development. The workshop will also cover how to access available resources, advocate for the child's needs, and create a collaborative plan for success. Attendees will leave with practical tools for navigating school systems, building a strong support network, and working together to support the child's overall growth and well-being.</p>	Betty Cowley
<p>Duelo y pérdida en el sistema de cuidado de crianza SPANISH: In this session, participants will learn about the emotional experiences children may face when separated from their biological families, when moving to different homes, or when losing important connections in their lives. The workshop will address how to identify signs of grief, how to support children during this process, and how to help them cope with pain in a healthy way. Additionally, strategies will be discussed for creating a supportive environment that fosters resilience, emotional stability, and healing. By the end of the session, attendees will have practical tools to help children manage grief and loss, promoting their emotional well-being and adaptation to new situations.</p>	Lelia Montiel
<p>Supporting Children with Incarcerated Parents: In this session, participants will learn about the unique challenges these children face, such as feelings of abandonment, stigma, and confusion. The workshop will explore strategies for maintaining a strong emotional connection, helping children process their feelings, and fostering resilience despite the difficult circumstances. Additionally, participants will learn about resources available to support these children, including counseling services and community programs. Attendees will leave with practical tools to create a supportive and understanding environment, helping children cope with the absence of a parent and continue to thrive.</p>	Vanessa Palacios

What is Sudden Infant Death Syndrome (SIDS)? In this session, participants will gain a deeper understanding of what SIDS is, the possible contributing factors, and how to reduce the risk of SIDS through safe sleep practices. The workshop will cover key topics such as sleep positioning, safe sleep environments, the importance of breastfeeding, and avoiding exposure to secondhand smoke. Attendees will also learn how to recognize potential risk factors and how to create the safest environment for infants to sleep in, ensuring that both parents and caregivers are empowered with knowledge to protect their baby's health and well-being. By the end of the session, participants will have the tools and confidence to implement effective strategies that can reduce the risk of SIDS and ensure safe sleep for infants.

Dr. Wesley Sanders

Exploring Parenting and Attachment Styles: In this session, participants will learn about the different attachment styles—secure, anxious, avoidant, and disorganized—and how these patterns affect a child's emotional well-being, relationships, and overall development. The workshop will explore how specific parenting behaviors, such as responsiveness, consistency, and emotional availability, contribute to fostering a secure attachment, while also discussing strategies for improving attachment when challenges arise. Attendees will gain insights into their own parenting style and learn practical tools to build stronger, more positive connections with their children, ensuring healthy emotional growth and fostering trust and security in their relationships.

Dr. Abram Milton

Finding Stability: Parenting Skills for Stressful and Uncertain Times: In this session, participants will explore effective strategies for managing stress, staying grounded, and maintaining a calm, supportive environment for their children, even in the face of adversity. The workshop will cover techniques for emotional regulation, setting clear boundaries, practicing self-care, and fostering open communication with children. Attendees will also learn how to help their children cope with uncertainty, build their resilience, and promote a sense of security and consistency. By the end of the session, participants will have practical tools to navigate tough situations while supporting their children's emotional well-being and fostering a sense of stability in the home.

Christine Stellino

Toddlerhood: Navigating Growth, Development, and Tantrum: In this session, participants will learn about the key stages of toddler development, including emotional, cognitive, and physical milestones. The workshop will focus on how to recognize and support a toddler's growing independence while managing common behavioral challenges, such as tantrums and power struggles. Participants will explore effective strategies for responding to difficult behaviors, setting healthy boundaries, and promoting positive communication. By the end of the session, attendees will have practical tools to help toddlers navigate this crucial stage of growth and development while maintaining a nurturing, calm, and supportive environment.

Olivia J. Chavira

Parenting Children with a History of Childhood Trauma: In this session, participants will gain a deeper understanding of how trauma impacts a child's emotional, psychological, and behavioral development. The workshop will explore strategies for building trust, fostering security, and promoting healing, while addressing common challenges such as attachment issues, anxiety, and difficult behaviors. Attendees will learn trauma-informed parenting techniques that prioritize empathy, patience, and consistency, as well as ways to create a stable routine that helps children feel safe and supported. By the end of the session, participants will have practical tools and strategies to help children overcome the effects of trauma and develop resilience in their journey toward healing and growth.

Betty Cowley

Factores que fortalezen a la familia SPANISH: In this session, participants will learn about the importance of open communication, mutual emotional support, setting healthy boundaries, and constructive conflict resolution. The workshop will also cover how family routines, quality time shared, and fostering values such as respect and empathy can strengthen relationships within the home. By the end of the session, attendees will have practical tools and strategies to create a more united, resilient, and harmonious family environment, capable of facing life's challenges together in a positive way.

Lelia Montiel

Empowering Youth with ADHD: Practical Tools and Strategies: In this session, participants will learn about the symptoms of ADHD, how it affects academic performance, social relationships, and self-esteem, and the importance of early intervention. The workshop will provide practical tools and strategies for managing ADHD symptoms, such as creating structured routines, using positive reinforcement, and fostering effective communication. Additionally, participants will explore ways to advocate for ADHD-friendly accommodations in school and build a support network for the youth. By the end of the session, attendees will have actionable techniques to help youth with ADHD thrive academically, socially, and emotionally, while boosting their confidence and resilience.

Vanessa Palacios

<p>Setting Realistic Expectations for Children: A Guide for Parents: In this session, participants will explore how to balance high standards with understanding each child's unique abilities and developmental stages. The workshop will focus on the importance of setting clear, consistent goals while allowing room for mistakes and growth. Attendees will learn how to recognize when expectations may be too high or too low, and how to adjust them to support their child's self-esteem and motivation. By the end of the session, parents will have practical tools for creating realistic, positive expectations that promote a child's emotional well-being, independence, and success.</p>	Dr. Wesley Sanders
<p>Managing Discipline and Parental Authority: In this session, participants will explore effective discipline strategies that promote respect, responsibility, and self-regulation, while also ensuring parental authority is established in a healthy way. The workshop will cover approaches such as positive reinforcement, setting clear expectations, and using consequences that are fair and consistent. Participants will learn how to avoid power struggles, foster open communication, and maintain a loving yet authoritative approach to parenting. By the end of the session, attendees will have practical tools for managing discipline in a way that strengthens their role as a caregiver while promoting a positive, cooperative family dynamic.</p>	Dr. Abram Milton
<p>Cultivating a Growth Mindset: How to Inspire Motivation and Success: In this session, participants will learn about the key principles of a growth mindset—believing that abilities and intelligence can be developed through effort, learning, and persistence. The workshop will provide practical strategies for nurturing this mindset in children, including how to praise effort rather than innate talent, how to encourage problem-solving, and how to frame challenges as opportunities for growth. Attendees will also explore ways to support children through setbacks, build their confidence, and help them develop a positive attitude toward challenges and failure. By the end of the session, participants will have the tools to inspire motivation and create an environment where children feel empowered to pursue their goals and succeed.</p>	Christine Stellino
<p>Resilience Toolkit: Strategies for Coping and Thriving: In this session, participants will learn practical strategies for navigating life's challenges, including stress management techniques, problem-solving skills, and ways to cultivate a positive mindset. The workshop will focus on building emotional strength, fostering a sense of hope, and teaching adaptive coping strategies that promote well-being. Attendees will explore the importance of self-care, building strong support networks, and learning from setbacks. By the end of the session, participants will leave with a personalized resilience toolkit that can help them thrive in difficult circumstances while fostering resilience in others.</p>	Olivia J. Chavira
<p>Mandated Reporting: Ensuring Child Safety: In this session, led by expert Betty Cowley, participants will learn about the legal requirements and ethical responsibilities of mandated reporters, including how to recognize signs of abuse or neglect, and the steps to take when reporting concerns to authorities. The workshop will cover common challenges faced by mandated reporters, how to document and respond to suspected abuse, and the importance of creating a safe environment for children. By the end of the session, attendees will be equipped with the knowledge and tools to take appropriate action when they suspect a child is at risk, ensuring they can contribute to safeguarding children and upholding their well-being.</p>	Betty Cowley
<p>Mandated Reporting: Ensuring Child Safety: In this session, led by expert Betty Cowley, participants will learn about the legal requirements and ethical responsibilities of mandated reporters, including how to recognize signs of abuse or neglect, and the steps to take when reporting concerns to authorities. The workshop will cover common challenges faced by mandated reporters, how to document and respond to suspected abuse, and the importance of creating a safe environment for children. By the end of the session, attendees will be equipped with the knowledge and tools to take appropriate action when they suspect a child is at risk, ensuring they can contribute to safeguarding children and upholding their well-being.</p>	Betty Cowley

Mandated Reporting: Ensuring Child Safety: In this session, led by expert Betty Cowley, participants will learn about the legal requirements and ethical responsibilities of mandated reporters, including how to recognize signs of abuse or neglect, and the steps to take when reporting concerns to authorities. The workshop will cover common challenges faced by mandated reporters, how to document and respond to suspected abuse, and the importance of creating a safe environment for children. By the end of the session, attendees will be equipped with the knowledge and tools to take appropriate action when they suspect a child is at risk, ensuring they can contribute to safeguarding children and upholding their well-being.

Cómo ayudar a un niño diagnosticado con trastorno bipolar SPANISH: In this session, participants will learn about the symptoms, the phases of the disorder (mania and depression), and how these can impact the child's daily life. The workshop will offer practical strategies for managing mood swings, improving communication, and creating a structured and stable environment that supports the child's well-being. Therapeutic approaches and available treatments will also be discussed, as well as how to collaborate with healthcare professionals to create a comprehensive support plan. By the end of the session, attendees will have useful tools to support children with bipolar disorder, promote their emotional stability, and help them develop effective coping skills.

Lelia Montiel

After Therapy: Now What: In this session, participants will explore the transition from therapy to everyday life, addressing common challenges such as maintaining new coping strategies, managing setbacks, and applying therapeutic tools to real-life situations. The workshop will provide strategies for staying connected to personal goals, building a support system, and knowing when to seek additional help if needed. Participants will also discuss how to integrate the insights gained in therapy into long-term self-care and emotional well-being. By the end of the session, attendees will have practical tools for continuing their journey of growth and maintaining the positive changes they've made after therapy.

Vanessa Palacios

May

<p>Unhealthy Relations in Dysfunctional Families: In this session, attendees will explore common patterns of behavior that contribute to dysfunction, such as poor communication, manipulation, emotional neglect, and unresolved conflicts. The workshop will focus on understanding how these dynamics affect the emotional and psychological well-being of family members, particularly children. Participants will learn strategies for improving communication, setting healthy boundaries, and fostering positive change within the family system. By the end of the session, attendees will have a deeper understanding of dysfunctional relationships and will be equipped with practical tools to break negative cycles, create healthier family interactions, and support the healing process for all family members.</p>	Dr. Wesley Sanders
<p>Guiding Your Child Through Adolescence: In this session, participants will learn about the physical, emotional, and social changes that occur during adolescence and how these changes can impact their child's behavior and development. The workshop will focus on building strong communication, understanding the importance of setting boundaries while allowing independence, and supporting the emotional well-being of teenagers. Participants will also explore strategies for handling common adolescent struggles, such as peer pressure, identity formation, and academic stress. By the end of the session, parents will have practical tools and insights to guide their teens through this transitional period with confidence, fostering a healthy relationship and promoting their overall growth and well-being.</p>	Dr. Abram Milton
<p>Effective Coparenting—Nurturing Children Through Strong Cooperative Practices: In this session, participants will explore the importance of cooperation, clear communication, and mutual respect in coparenting. The workshop will cover key topics such as setting consistent boundaries, managing disagreements constructively, and ensuring both parents are actively involved in their child's upbringing. Attendees will learn strategies for aligning parenting approaches, sharing responsibilities, and supporting each other, even in challenging circumstances. By the end of the session, participants will have practical tools to strengthen their coparenting partnership and provide their children with a stable, nurturing environment that promotes healthy emotional and social development.</p>	Christine Stellino
<p>Empowering Teen Girls: Social Media , Confidence and Resilience: In this session, participants will explore the impact of social media on self-esteem, body image, and mental health, and discuss strategies for fostering healthy online habits. The workshop will focus on empowering teen girls to develop a strong sense of self, manage social media pressures, and cultivate resilience in the face of negativity or comparison. Attendees will also learn how to encourage positive self-talk, set boundaries, and create a balanced relationship with technology. By the end of the session, participants will have practical tools to help teen girls thrive in the digital age while promoting their confidence, emotional well-being, and resilience.</p>	Olivia J. Chavira
<p>Empowering Grandparents as Primary Caregivers: In this session, participants will learn about the unique challenges and rewards of being a primary caregiver later in life, such as navigating generational differences, managing health concerns, and accessing resources. The workshop will focus on strengthening coping skills, setting realistic expectations, and building a support network for grandparents in caregiving roles. Additionally, attendees will explore strategies for maintaining healthy relationships with their grandchildren, providing stability and love, and ensuring their own well-being while balancing caregiving responsibilities. By the end of the session, participants will have the tools, confidence, and resources to successfully navigate the responsibilities of being a grandparent caregiver and ensure a positive environment for both themselves and their grandchildren.</p>	Betty Cowley
<p>Cómo criar a un niño sigiloso SPANISH: In this session, participants will learn about the characteristics of quiet children, how they relate to the world around them, and the ways their personality can influence their social and emotional development. The workshop will provide strategies to build confidence and self-esteem in these children, helping them communicate effectively, form friendships, and navigate social situations with greater ease. Additionally, the importance of respecting their personal space and not forcing them to be extroverted will be discussed, with a focus on guiding them to find their own balance. By the end of the workshop, parents and caregivers will have practical tools to support the emotional and social well-being of quiet children, fostering their growth in an environment that honors their nature.</p>	Lelia Montiel
<p>Understanding Down Syndrome: Insights, Support, and Advocacy: In this session, participants will learn about the developmental, cognitive, and physical aspects of Down syndrome, as well as common medical concerns. The workshop will focus on practical strategies for promoting inclusion, fostering independence, and addressing the educational and social needs of individuals with Down syndrome. Attendees will also explore how to advocate for necessary resources and services, both within the community and educational systems, to ensure individuals with Down syndrome receive the support they need. By the end of the session, participants will have the tools, knowledge, and confidence to support individuals with Down syndrome in thriving and achieving their full potential.</p>	Vanessa Palacios

Fostering Self-Regulation Skills in Children: In this session, participants will learn about the importance of self-regulation for children's emotional and social development, and how it impacts their ability to focus, cope with challenges, and build healthy relationships. The workshop will provide practical strategies to help children recognize and understand their emotions, practice mindfulness techniques, and use coping strategies to handle stress and frustration. Attendees will also explore how to create supportive environments at home and in school that promote self-regulation, such as setting clear expectations, modeling calm behavior, and using positive reinforcement. By the end of the session, participants will have the tools to help children develop stronger self-regulation skills, which will support their overall well-being and success in various aspects of life.

Dr. Wesley Sanders

Understanding Bullying: A Parent's Guide: In this session, Dr. Milton will provide insights into the different forms of bullying—physical, verbal, social, and cyber—and the lasting emotional and psychological effects it can have on children. Participants will learn how to recognize the signs that their child may be experiencing bullying, as well as how to communicate openly with their child to provide support. The workshop will also explore effective strategies for advocating for their child at school, creating a safe and supportive home environment, and fostering resilience in children who may be affected by bullying. By the end of the session, parents will be equipped with practical tools to both prevent and address bullying, ensuring their child's emotional well-being and helping them navigate these challenges with confidence.

Dr. Abram Milton

Thriving Together: Effective Coparenting for Positive Child Outcomes: In this session, participants will explore the key principles of successful coparenting, including communication, cooperation, and consistency, even when parents are not living together. The workshop will provide strategies for resolving conflicts, setting shared goals, and maintaining a unified approach to discipline and decision-making. Attendees will also learn how to support their child's emotional well-being and stability by creating a respectful, collaborative coparenting dynamic. By the end of the session, participants will have the tools to work together effectively, ensuring their child receives the consistent love and support needed for healthy development and a positive future.

Christine Stellino

Understanding Diversity and Inclusion: In this session, participants will explore what diversity truly means, including differences in race, ethnicity, gender, sexual orientation, socioeconomic status, and more. The workshop will highlight the value of embracing diverse perspectives and how inclusion creates stronger, more resilient communities. Participants will also learn practical strategies for promoting inclusivity in everyday interactions, addressing unconscious bias, and creating supportive environments where all individuals feel valued and respected. By the end of the session, attendees will be better equipped to navigate and champion diversity and inclusion, both personally and professionally, contributing to positive social change and stronger connections across different groups.

Olivia J. Chavira

Resource Parenting: Understanding Roles, Rights, & Responsibilities: In this session, participants will explore the rights of both the child and the resource parent, as well as the responsibilities that come with providing a stable, nurturing environment. The workshop will cover the importance of advocating for the child's well-being, understanding the foster care system, and building strong relationships with birth families, caseworkers, and other professionals. Attendees will also learn strategies for managing challenges, such as trauma, behavioral issues, and transitioning children in and out of care. By the end of the session, resource parents will have a clearer understanding of their essential role and be equipped with practical tools to navigate the complexities of fostering and supporting children in care.

Betty Cowley

Manejar su enojo SPANISH: In this session, participants will learn about the causes of anger, how to recognize its early warning signs, and the consequences of not managing it properly. The workshop will provide practical strategies for handling anger, such as relaxation techniques, cognitive restructuring, and assertive communication skills. Additionally, tools for avoiding impulsive reactions, improving empathy, and making more mindful decisions in conflict situations will be addressed. By the end of the session, participants will have the necessary tools to manage their anger constructively, fostering healthier relationships and a more balanced emotional well-being.

Lelia Montiel

Behavioral Disorders and Support Strategies: This workshop designed to help parents, caregivers, and educators understand and support children with behavioral disorders. In this session, participants will explore the various types of behavioral disorders, such as oppositional defiant disorder (ODD), conduct disorder, and attention-deficit hyperactivity disorder (ADHD), and learn how these conditions can impact a child's daily life and development. The workshop will focus on practical support strategies, including positive reinforcement, behavior modification techniques, and creating structured routines to help children manage their behaviors. Participants will also discuss the importance of collaboration with professionals, schools, and other caregivers to create a comprehensive support plan. By the end of the session, attendees will have the knowledge and tools to implement effective strategies that foster positive behavior, emotional growth, and success in children with behavioral disorders.

Vanessa Palacios

<p>Bullying Impact on Children with Disabilities: In this session, participants will explore how bullying affects children with disabilities in unique ways, including the impact on their emotional, social, and academic development. The workshop will highlight the specific vulnerabilities these children may face, such as communication barriers, social isolation, or physical differences, and how these factors can increase the likelihood of being targeted. Participants will also learn how to recognize the signs of bullying and how to effectively intervene and provide support. The session will offer strategies for creating inclusive environments, promoting empathy, and building resilience in children with disabilities. By the end of the workshop, attendees will be equipped with the tools to prevent bullying, advocate for children with disabilities, and foster a more supportive and understanding community.</p>	Dr. Wesley Sanders
<p>Demystifying Mental Illness for Parents: In this session, participants will gain a clear overview of common mental health disorders such as anxiety, depression, ADHD, and mood disorders, learning about the symptoms, causes, and treatment options. The workshop will focus on breaking down the stigma surrounding mental illness and provide parents with practical tools to support their child's emotional well-being. Topics will include how to recognize warning signs, how to communicate effectively with children experiencing mental health struggles, and how to navigate the mental health system to access the right resources and care. By the end of the session, parents will feel more empowered, informed, and confident in their ability to support their child's mental health and seek help when needed.</p>	Dr. Abram Milton
<p>Building Peace: Conflict Resolution Skills for Personal and Professional Success: In this session, participants will learn key techniques for managing conflicts in a calm and constructive way, such as active listening, empathy, and finding common ground. The workshop will focus on understanding the underlying causes of conflicts, improving communication, and fostering collaboration, even in challenging situations. Participants will also explore how to remain composed under pressure, negotiate win-win solutions, and use conflicts as opportunities for growth and understanding. By the end of the session, attendees will be equipped with practical skills to resolve conflicts peacefully, improve relationships, and create more harmonious environments both at home and in the workplace.</p>	Christine Stellino
<p>Building Healthy Relationships With Your Child: In this session, participants will learn key principles of building trust, open communication, and mutual respect. The workshop will cover the importance of active listening, understanding your child's emotional needs, and setting appropriate boundaries while fostering independence. Participants will also explore strategies for navigating difficult conversations, managing conflicts, and nurturing their child's self-esteem. By the end of the session, parents and caregivers will have practical tools and insights to build a stronger, healthier relationship with their child, creating a foundation of love and trust that supports their child's emotional and social development.</p>	Olivia J. Chavira
<p>Visitations- The Good, Bad & Ugly: In this session, participants will examine the potential benefits of visitations, such as maintaining connections with biological families, fostering a sense of continuity for children, and promoting positive relationships. The workshop will also address the challenges, including emotional stress, conflicts between caregivers and birth families, and the possible impact on the child's emotional well-being. Participants will discuss strategies for managing difficult visitations, setting clear boundaries, and ensuring that visitations are productive and supportive for all parties involved. By the end of the session, attendees will have a better understanding of how to navigate the complexities of visitations, ensuring that they are handled in a way that prioritizes the best interests of the child.</p>	Betty Cowley
<p>Abuelos que son padres SPANISH: In this session, participants will learn about the challenges and rewards of becoming parents again later in life. Topics will include managing physical and emotional exhaustion, balancing the needs of the children with their own, and addressing legal and educational aspects of parenting. The workshop will also discuss strategies for creating a stable and loving environment for grandchildren while maintaining healthy family relationships. By the end of the session, grandparents will have practical tools and resources to navigate the challenges of parenting once more, ensuring the well-being of both themselves and the children in their care.</p>	Lelia Montiel
<p>Protecting Our Little Lungs- The Effects of Smoking on Babies & Children: In this session, participants will learn about the serious risks associated with smoking around children, including respiratory problems, developmental delays, and long-term health conditions like asthma and bronchitis. The workshop will also cover secondhand and thirdhand smoke exposure, and how these can affect children's physical and cognitive development. Additionally, strategies for creating smoke-free environments, supporting families in quitting smoking, and advocating for healthier habits will be discussed. By the end of the session, attendees will be equipped with the knowledge and tools to protect children from the dangers of smoking and promote a healthier future for them.</p>	Vanessa Palacios
<p>Fostering Emotional Wellness in Families: In this session, participants will explore the importance of emotional health within the family unit, learning how to recognize and manage emotions in themselves and their loved ones. The workshop will focus on building communication skills, creating a supportive and nurturing home atmosphere, and implementing strategies to cope with stress, conflict, and change. Participants will also learn how to encourage positive emotional expression, resilience, and empathy within the family, fostering stronger connections and better overall mental health. By the end of the session, families will be equipped with practical tools to nurture emotional wellness and create a stable, loving environment where everyone can thrive.</p>	Dr. Wesley Sanders

<p>Finding the Right Mental Health Support for your Family: In this session, participants will learn about different types of mental health professionals, treatments, and resources available for children, adolescents, and adults. The workshop will provide strategies for identifying mental health concerns, understanding the importance of early intervention, and selecting the right support options for your family's unique circumstances. Participants will also explore how to advocate for their loved ones, communicate effectively with mental health professionals, and ensure consistent care. By the end of the session, attendees will have the knowledge and tools to seek and secure the right mental health support, ensuring that their family receives the care they need for overall well-being.</p>	Dr. Abram Milton
<p>Surviving the Summer with a Household of Kids: In this session, participants will explore strategies for creating a structured yet fun summer routine that balances activities, downtime, and family time. The workshop will focus on practical tips for keeping kids engaged, maintaining positive behavior, and managing sibling dynamics during long days at home. Additionally, attendees will learn how to set realistic expectations, plan budget-friendly activities, and incorporate self-care into their routines. By the end of the session, parents and caregivers will feel equipped with tools to handle the busy summer months, ensuring that everyone stays happy, healthy, and connected.</p>	Betty Cowley
<p>Comprender los derechos educativos SPANISH: In this session, participants will learn about fundamental student rights, such as access to quality education, equal opportunities, and protection against discrimination. The workshop will also cover key aspects like the right to support services for students with disabilities, the importance of parent involvement in educational decisions, and how to advocate for their children's needs within the educational system. By the end of the session, attendees will be better equipped to defend their children's educational rights and ensure they receive the necessary support for academic success and well-being.</p>	Lelia Montiel
<p>The Ripple Effect: The Impact of Multiple Placements on Children: In this session, participants will learn about the challenges children face when moving between homes, such as attachment issues, feelings of instability, and difficulties in forming lasting relationships. The workshop will highlight how frequent placements can affect a child's sense of security, trust, and overall development. Participants will also discuss strategies to minimize the negative impacts of multiple placements, such as providing consistent routines, creating a sense of permanency, and fostering positive relationships with caregivers and support systems. By the end of the session, attendees will be better equipped to understand the ripple effect of multiple placements and develop strategies to provide children with the stability and emotional support they need to thrive.</p>	Vanessa Palacios
<p>Understanding and Preventing Sexual Exploitation: In this session, participants will learn about the signs and warning indicators of sexual exploitation in both children and adults, including how abusers manipulate or coerce victims. The workshop will cover key factors that contribute to vulnerability, such as trauma, lack of education, and online dangers, and offer strategies for recognizing and addressing these issues. Participants will also explore ways to protect children, create safer environments, and empower them with the knowledge and skills to set healthy boundaries. Additionally, the session will provide resources for seeking help, including support services, legal rights, and community initiatives</p>	Dr. Wesley Sanders
<p>Suicide Prevention: Essential Skills for Parents: In this session, participants will learn about the risk factors, signs of distress, and common misconceptions surrounding suicide. The workshop will focus on building open communication with children, creating a safe space for them to express their feelings, and how to respond effectively when concerns arise. Participants will also explore how to provide emotional support, foster resilience, and seek professional help when necessary. By the end of the session, parents will feel empowered with practical strategies to prevent suicide, protect their children's mental health, and take proactive steps to support their well-being.</p>	Dr. Abram Milton