

2026-2027 Parent Program Offerings

Parent Programming



Workshops

Foundational

- EQ: Why Your Kids Need It and How You Can Help
- Parent Superpowers: Creating Positive Experiences

Communication/Relationship Building

- Calm Starts with Us: Regulation Strategies for Stressful Times
- Deepening Conversations with Our Kids
- De-Escalation: Hacks to Diffuse Conflict and Chaos (new 2026)
- Helping Kids Feel Seen: EQ Tools for Fostering Belonging (new 2026)
- Helping Kids Navigate Social Media and Screen Time
- Listening that Changes Lives: How to Help Kids Feel Truly Heard (new 2026)
- Nurturing Healthy Friendships (new 2026)
- Repairing after Rupture: How to Rebuild Trust when Things go Wrong (new 2026)
- Saying the Right Thing When You Don't Know What to Say (new 2026)
- Solution-Centered Conversations
- Words that Work: Setting a Positive Tone at Home (new 2026)

Building Perseverance and Resilience with your Child

- The Art of Co-Regulation: Helping Kids Borrow your Calm (new 2026)
- Back-to-School Transitions: Routines & Procedures for Success
- Confidence: Trying and Failing
- Cultivating Independence in Our Kids
- Fostering Independence
- Handling Stress When Expectations Feel High (new 2026)
- Helping Kids Follow Through: EQ Tools for Accountability (new 2026)
- Helping Kids Move Through Disappointment: EQ Tools for Tough Moments (new 2026)
- Increasing Accountability: Helping Kids Own Their Actions
- Navigating All Things Homework
- Online and Offline: Helping our Kids Stand Up to Bullying
- Online Safety & Balance
- The Power of Optimism (new 2026)
- The Power of Yet: Fostering a Growth Mindset
- Reducing Test Anxiety through EQ



- The Science of Encouragement: What Actually Helps Kids Try Again (new 2026)
- Setting and Achieving Goals (new 2026)
- Supporting Healthy Risk-Taking: When to Step In and When to Step Back (new 2026)
- Supporting Kids Through Transitions: New Schools, New Friends, New Stressors (new 2026)
- Understanding and Addressing Bullying

Wellness

- Developing a Personal Wellness Plan (new 2026)
- Developing a Family Wellness Plan (new 2026)

