

**CURIE HIGH SCHOOL'S PAC
PRESENTS:**

PARENT UNIVERSITY

In partnership with Gads Hill Center

Fridays

February 7th March 13th

5pm - 6:30pm

Curie High School

4959 S Archer Ave

Please enter through Door 1
via the Archer entrance



The Parent Advisory Council works to empower and educate parents and community members. In partnership with Gads Hill Center, we present a 6-week series of Free learning workshops on mental wellness to increase advocacy and self-sufficiency skills.



Parent University 2020

Parent University 101: Introduction to Parent-University: Emotional Health and Promoting Social Emotional Development in Children

February 7, 2020 - 5:00 p.m. to 6:30 p.m.

This workshop is for parents who are interested in the social skills children need to develop confidence, positive self-esteem and healthy social-emotional skills to be successful throughout life. Parents will learn strategies for teaching social skills through play and other developmentally-appropriate activities.

Parent University 102: Creating Positive Changes

February 14, 2020 - 5:00 p.m. to 6:30 p.m.

This workshop is for parents who want to intentionally create positive change in their lives. Parents will learn to identify areas within their lives that they want to change and why. Parents will understand that the process of change takes commitment, and identify the steps to take actions.

Parent University 103: Self-esteem: Understanding and Improving Our Self-Esteem/Self-Growth

February 21, 2020 - 5:00 p.m. to 6:30 p.m.

This workshop is for parents who are interested in improving their self-esteem and overall self-growth. Parents will develop their own understanding of how beliefs about themselves can impact their everyday life and how to change negative attitudes into positive outlook.

Parent University 104: Nurturing Your Inner Child

February 28, 2020 - 5:00 p.m. to 6:30 p.m.

This workshop will allow parents to reflect on their "Inner Child". People often connect with their inner child when dealing with obstacles rooted in their early lives. Parents will be able to identify subcategories of the inner child and learn its impact on relationships with others.

Parent University 105: Self-Care and Introduction to Mindfulness

March 6, 2020 - 5:00 p.m. to 6:30 p.m.

When life's stressors occur, the best response is a plan for taking care of oneself to help overcome this stress. This workshop will teach parents self-care strategies to stay healthy while dealing with everyday life challenges. Mindfulness meditation has been shown to decrease stress, anxiety, and depression. This workshop will teach the benefits of mindfulness as well as demonstrate techniques parents can use to practice mindfulness in their daily life.

Parent University 106: Recap and Graduation

March 13, 2020 - 5:00 p.m. to 6:30 p.m.

Resource information followed by a ceremony and distribution of certificates of completion.