



Effective School Solutions

## Wellness Wednesdays

7-part **virtual** parent/caregiver education series

Presented by Jennifer Fightlin, LCSW

12/15/21 6:30-7:30 pm

<https://effectiveschoolsolutions.zoom.us/j/99204975802?pwd=WVFMRUtGbzIZbjdoTmpkcIzhVENYQT09>

**Session 1: Hand out (please print) for use during session**

**Destigmatizing Mental Health:** This workshop helps parents and caregivers have a better understanding of what mental health wellness means in a child: the signs and symptoms that can make a child appear “fragile”, or aggressive or withdrawn, as well as specific techniques for helping that child be more successful.

1/19/22 6:30-7:30 pm

<https://effectiveschoolsolutions.zoom.us/j/96131372125?pwd=RHRXcUZ0LzY0OXpwd3dMeIJSQlhNQT09>

**Session 2: Hand out (please print) for use during session**

**Taking a Mental Health Pulse: Student Mental Health and Academic Re-Acclimation:** As students return and reacclimate to school, it is important that the caregivers in their lives understand the unique COVID related mental health responses and challenges that we all will face. This workshop will assist caregivers in understanding these challenges and identifying students in needs of additional supports. Participants will receive information on specific

strategies they can engage that will help to support students (and themselves) throughout the re-acclimation process.

**2/16/22 6:30-7:30 pm**

<https://effectiveschoolsolutions.zoom.us/j/93873047522?pwd=MTJL1dnOHZpV1Z5WE5NZGc4OVNXZz09>

**Session 3: [Hand out for session \(please print\)](#) for use during session**

**Addressing Stress and Its Impact on Learning for Parents and Caregivers:** This presentation will discuss the impact that stress has on student learning. New concepts that have emerged as a result of COVID, such as virtual learning anxiety and its effects on executive functioning are explored. Parents and Caregivers are introduced to strategies that they can employ to provide children with the structure and support needed to reduce stress, enhance access to executive functioning skills, and improve academic achievement. Participants will leave with an understanding of how mental health impacts learning, as well as steps they can take to improve their child's school performance.

**3/16/22 6:30-7:30 pm**

<https://effectiveschoolsolutions.zoom.us/j/91940396433?pwd=Vm p4dTdpVFBSnc5amt5U0VMbG1UQT09>

**Session 4: [Hand out for session \(please print\)](#) for use during session**

**Depression: Maybe the Student Is Not Just Moody:** The goal of this workshop is to help caregivers support and work more effectively with their child suffering from depression. Participants receive an overview of child and adolescent depression, learn how depression can impact school performance, and develop an understanding of treatment options.

**4/13/22 6:30-7:30 pm**

<https://effectiveschoolsolutions.zoom.us/j/94705480135?pwd=NkdUenhRWVIOeEdCK3pJSFU5ZkQzd09>

**Session 5: [Hand out for session \(please print\)](#) for use during session**

**Supporting Stress, Excessive Worry, and Mental Health for Parents and Caregivers:** This presentation focuses on ways parents and caregivers can

support their children with stress, excessive worry and mental health during the re-acclimation process. Participants will leave this presentation with strategies that they can utilize at home to help promote positive mental health and emotional growth.

**5/18/22 6:30-7:30 pm**

<https://effectiveschoolsolutions.zoom.us/j/98909767348?pwd=bVhnRUdWZ3c0Q1FDb0RTS01CY1o2Zz09>

**Session 6: [Hand out for session \(please print\)](#) for use during session**

**Having Hope: Suicide Prevention for Parents:** The good news is we can help prevent suicide: parents and caregivers are in a prime position to learn how to recognize the signs of suicide risk and go for help. This workshop helps parents and caregivers build the skills and confidence necessary to identify vulnerable youth and assist in seeking help.

**6/15/22 6:30-7:30 pm**

<https://effectiveschoolsolutions.zoom.us/j/91372758902?pwd=MVkzeFlwMmNSbVZER01OMFFDMkVkZz09>

**Session 7: [Hand out for session \(please print\)](#) for use during session**

**Caring for the Caregiver:** Caring for a loved one can bring strain on even the most resilient people. This workshop assists caregivers in identifying signs and symptoms of caregiver stress, as well as teaching steps caregivers can take in order to preserve their own health and well-being.