

# PGUSD PRESENTS

A PARENT & CAREGIVER WORKSHOP SERIES

Facilitated by the INSTITUTE FOR  
SOCIAL and EMOTIONAL LEARNING  
(IFSEL)



*Please join us for this special event! PGUSD has partnered with the Institute for Social and Emotional Learning (IFSEL). IFSEL works with schools and districts around the world to empower educators, young people, and parents to transform their schools into caring, inclusive communities. Since 2009, IFSEL has worked with 7000+ educators from over 700 schools to nurture a whole community approach to social and emotional health and wellbeing. Learn more about [IFSEL](#) and the [team](#).*

**Enjoy this introductory video produced by IFSEL prior to our first session on April 20th:**

**Below is more detailed information about the series and what to expect.**

# LIVE WORKSHOP 1: Big Moments: Bringing Calm When Emotions Run High

When

Tuesday, April 20th, 6:30-8pm

Where

This is an online event.

More information

This session offers parents an opportunity to reflect on the full range of emotions that parents and children might experience, particularly during this pandemic. We will offer a framework and practical strategies for managing and regulating our own emotions as well as coaching our children to better manage theirs.

- Learn high impact strategies to help kids manage big or difficult feelings
- Focus on 'Listening for Connection' in our conversations with our families
- Explore how we as adults can model emotion management for our children
- Learn tools for emotion check-ins and appreciation rituals for the whole family

## LIVE WORKSHOP 2: Communication and Conflict: Building and Repairing Relationships and Getting to Peace

When

Tuesday, May 4th, 6:30-8:30pm

Where

This is an online event.

More information

This session offers parents practical tools to build and maintain positive approaches to communication within the family and explores ways to repair and heal relationships when conflict arises or communication falters. We will focus on active and reflective listening, styles of communication, and practices for conflict transformation.

- Reflect on the different reactions to conflict and how we learn about conflict in our lives
- Explore tools such as 'Assertive Communication' and 'Reflective Listening' and how they can support positive communication throughout the family.
- Focus on approaches to bring calm and peace into our family climate.

# LIVE WORKSHOP 3: The Open Session for Parents: Facilitated Peer-to-Peer Support

When

Wednesday, May 19th, 6:30-8pm

Where

This is an online event.

More information

Parents will be invited to anonymously share dilemmas, decisions, or concerns they are facing. IFSEL will facilitate peer-to-peer sharing of support, clarification and wisdom. You do not need to have a specific dilemma or concern to join this session. All are welcome to share, listen and support your community.

- Anonymously share real-life challenges and dilemmas you're experiencing
- Get support, insight and ideas from fellow parents
- Build connection and empathy within your community