



THE PARENT ACADEMY April-May 2022 WEBINARS



To register, please click on the time.

You will receive an email with ZOOM log on information. Sessions are 1 hour long.

TUESDAY 4/05/22 KEEPING OUR CHILDREN SAFE

Tips for families on how to protect children from abuse.

 [10 AM](#)

TUESDAY 4/12/22 COOKING WITH KIDS

Cooking and nutrition information that encourage healthy habits.

 [10 AM](#)

TUESDAY 4/19/22 FATHERS IN ACTION

Learn about the vital role father figures have in a child's success.

 [10 AM](#)

TUESDAY 4/26/22 HELP YOUR CHILD FOCUS

Understand children's difficulties with attention.

 [10 AM](#)

TUESDAY 5/03/22 MENTAL HEALTH AWARENESS

Learn how mental health challenges and exposure to trauma can impact children.

 [10 AM](#)

TUESDAY 5/10/22 TRANSITION TO MIDDLE SCHOOL

Prepare your child for the transition to middle school.

 [10 AM](#)

TUESDAY 5/17/22 MINDFULNESS FOR FAMILIES

Learn about mindfulness practices for families.

 [10 AM](#)

TUESDAY 5/24/22 HEALTHY EATING

Helpful tips to raise a healthy eater.

 [10 AM](#)

ENGLISH

