

Share & Care Parent Workshops

Parent Workshops 2022-2023 Academic Year

Share & Care invites parents to join us for monthly workshops held on Zoom the first week of the month from **9:00-10:00AM**.

English workshops on Wednesdays

Meeting ID: 973 6700 0616

Password: 689172

Spanish workshops on Thursdays

Meeting ID: 916 3608 9956

Password: padres1

- **September** “Tips on Digital Safety and Preparing for a Healthy School Year”
- **October** “Building Strong Friendships”
- **November** “Special Needs Parents”
- **December** “Family Holidays and Gratitude Attitude”
- **January** “Self-Care for Caregivers”
- **February** “Conversation Starters for Open Communication”
- **March** “Helping your Child(ren) Become Self-Starters”
- **April** “Transitions”
- **May** “LGBTQ+”

This event is FREE!

Questions? Email Sara Brown at sara.brown@cshs.org

