



Center for  
Children  
& Youth

## ParentsPlace



### WORKSHOPS FOR SCHOOLS & ORGANIZATIONS

The Center for Children and Youth, a division of Jewish Family and Children's Services, is the Bay Area's leading family resource center. Through our Parents Place services, we have been helping families and teachers navigate child development and mental health for forty years. From everyday issues to challenges requiring specialized assessment, our first-class workshops provide educators and parents with the latest evidence-based strategies and tools to support children of all ages.

### SURVIVING THE COVID-19 PANDEMIC

#### Re-Emergence: Meeting the Social and Emotional Needs of Children and Families

##### —For Teachers

As children return to preschool, teachers are excited to re-unite and connect with parents, but may have worries or concerns about the new "normal." How can teachers protect and care for young children, re-assure families, and feel confident themselves in a post-shelter-in-place world? This workshop will provide a safe space for teachers to ask questions, share ideas, and learn more about the social and emotional needs of children and families during uncertain times.

#### Setting Up Your Family for Summer Success in the Face of COVID-19—For Parents

You survived a few months of homeschooling, but now what? Summer is here and it's time to get organized. Kids are more addicted to screens and parents have less time and patience to entertain them all day. In this workshop, we'll talk about how to make a plan for the summer and stick to it. We'll figure out what limits to set, where to leave some wiggle room, and how to foster independence for children who like to repeat, "I'm bored" over and over and over again!



#### The Preschool/Childcare Dilemma: Should I Send My Child Back into Group Care?

##### —For Parents

With shelter-in-place restrictions changing, you may be considering your childcare options. How do you balance the need for ongoing childcare with your concerns about health and safety during these uncertain times? Learn how preschools are preparing to serve children, what young children need most for their social and emotional development, and participate in an engaging conversation with other parents about how to make a decision that fits your family's unique needs.

**Please contact Mary Tiamzon-Lee at 650-688-3021 or [maryt@jfcs.org](mailto:maryt@jfcs.org) to find out more or schedule a workshop.**

[ccy.jfcs.org/education](https://ccy.jfcs.org/education)

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## **Building Resiliency during COVID-19: Self-care for You and Your Child (Preschool/Elementary) —For Parents**

This is a challenging and stressful time for families. Building resiliency means using behaviors and thoughts to manage adversity and change, often resulting in personal growth. Families will reflect on current self-care strategies, while also learning how to promote coping skills and resiliency with children.

## **Managing Frustration: Supporting Young Children’s Strong Emotions and Behaviors in a Shelter-in-Place World (Preschool/Elementary)—For Parents**

Children may be experiencing higher levels of stress and frustration that stem from a disruption in daily routines. Challenging behaviors are increasing and parents may feel overwhelmed trying to blend work responsibilities, parenting, and managing school expectations at home. Learn effective, positive guidance tools for setting limits and building skills during this stressful time.

## **Managing Your Own Expectations: Letting Go and Staying Calm and Centered during Uncertain Times—For Parents**

Experience a workshop immersion in compassion cultivation, based on the latest research on mindfulness and altruism. Explore strategies for practicing self-compassion, connecting with others, and finding peace in difficult circumstances. This session will include meditation, self-reflection, and discussion about the relevance of these practical tools for self-care and parenting.

## **BUILDING A RACIALLY-JUST WORLD Rethinking Cultural Classrooms: An Anti-bias Approach—For Teachers**

Teachers are expected to connect with children and families from many different walks of life. In this interactive workshop, participants will learn about the importance of an anti-bias approach in building and supporting a cultural classroom community. We will analyze the four core goals of anti-bias work, including development of children’s identities, appreciation for diversity, honoring children’s ideas of fairness and justice, and building children’s activism in standing up for others. In addition, participants will learn a variety of hands-on activities that promote safe, culturally-sensitive early education environments.



## **Changing the World: How Families Do Anti-bias Work at Home—For Parents**

Creating more racially-just communities begins with the anti-bias work we do at home with our families. Parents and caregivers play a big role in sharing their own cultural traditions, while building children’s awareness and tolerance of difference. In this engaging workshop, parents will learn about the four goals of anti-bias work, including development of children’s identities, appreciation for diversity, honoring children’s ideas of fairness and justice, and building children’s activism in standing up for others. Learn some engaging and interactive ideas you can do at home with your children all year long.

**WE HELP KIDS AND  
FAMILIES FLOURISH**

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