



Center *for* Children and Youth

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES



COMMUNITY CONNECTIONS

WORKSHOPS CATALOG



A STRONG COMMUNITY HELPS CHILDREN THRIVE

JFCS' Center for Children and Youth has been an integral part of the Bay Area community for over 35 years, providing comprehensive services to families with children of all ages. In addition to offering a variety of parent education workshops through our Parents Place centers and online, we are pleased to offer our professional workshops directly onsite at your school, organization, business location, or online via Zoom!

We can tailor our workshops to meet your community's needs—just reach out to learn more!

We look forward to collaborating with you as we build strong communities, one family at a time.

What else does the Center for Children and Youth offer?

- Parent coaching and consultation
- Therapy for children, teens, and families
- Occupational and Speech Therapy
- Assessments and evaluations
- Classroom observations and interventions

Locations:

San Francisco • Palo Alto
San Mateo • Marin County

Contact us today to learn more!

888-927-0839

centerforchildrenandyouth.org

To schedule a workshop, discuss fees, or ask questions, contact:

Mary Tiamzon-Lee,
Administrative Operations Director
Maryt@jfcs.org or **650-688-3021**

I: Infant • T: Toddler • P: Preschool • E: Elementary school • MS: Middle School • HS: High School

Note: Most of our “Workshops for Parents” can be adapted for Staff Development at your school or organization! There are also many workshops designed “Specifically for Schools and Educators” which you can find in the last section of this catalog. Please reach out to learn more!

CHILD DEVELOPMENT AND CHALLENGING BEHAVIORS

Ages and Stages: Supporting Development in the First Five Years—I/T/P

Gain practical tips for guiding children through the critical developmental stages of a child’s first years and discover how to promote play, learning, and social skills development through daily interactions.

Discipline 101: The Power of the Positive and Building Cooperation—P/E

Learn how to use positive discipline to teach your children inner control, nurture their strengths, motivate them to cooperate, and build their self-esteem. Discussion includes how to share power in age-appropriate ways, interpret children’s behaviors, and strengthen the adult-child relationship.

Raising a Spirited Child—P/E

Explore strategies for avoiding power struggles and improving family interactions with children who are persistent, intense, energetic, and sensitive.

SOCIAL AND EMOTIONAL LEARNING

Building Your Child’s Confidence and Personal Power—P/E/MS

Your children’s feelings of self-esteem and personal power are influenced by beliefs and actions that they take in from those around them. Explore ways to build your child’s self-esteem.

Changing the World: How Families Do Anti-Bias Work at Home—All Ages

Creating more racially-just communities begins with the anti-bias work we do at home with our families. Discuss how to share cultural traditions while building awareness and acceptance of difference.

Helping Kids Cope with Anxiety—E/MS

Gain tools to recognize child anxiety and its effect on the family, and strategies to help children cope with worries, manage or strong emotions. Learn how to identify common triggers such as school situations, social dynamics, and separation issues.

Helping Kids with Friendships—P/E

Learn about the social skills children need to be successful in developing lasting friendships. We will discuss how boys and girls can differ in their social development, how to teach conflict resolution skills, and how parents can support their children as they navigate the social world.

Helping Teens Find their Voice—MS/HS

Does your teenager hold back from sharing what they really care about in their world? Gain skills to support your child’s passions and interests and be an active participant in their journey toward finding their “voice.”



WORKSHOPS FOR PARENTS

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Raising Children in a Gender Inclusive World—All Ages

Not sure how to talk to your child about gender diversity or how to create understanding beyond stereotypical language and binary choices? Develop strategies to help your child be more respectful, kind, and supportive of all people, as well as feel good about themselves if they are exploring their own gender identity.

Raising Resilient Children—P/E/MS

Learn the key ingredients to raising children who can bounce back from challenges and develop relationships that will help them maintain a healthy and supportive school-life balance.

Romance of Risk: Talking with Teens about Risky Behaviors and Responsible Decisions—MS/HS

When talking with teens on critical topics such as smoking, drinking, sexual behavior, and drug use, we often encounter roadblocks. Learn effective strategies for how to listen and support teens to make responsible decisions regarding risky behaviors.

BUILDING STRONG AND HEALTHY FAMILIES

Burnout to Balance: Create a Healthy Work/Life Balance for Your Family—All Ages

This interactive workshop explores the many challenges faced by parents who are juggling family, professional, and personal responsibilities.

Cultivating Service-Learning as a Deep Value in the Home—All Ages

Going beyond “being a kind person” and “doing what you can for others,” learn how to make a meaningful shift in your home that will inspire a deeper commitment to the value of service in your community.

Letting Go: Independence for Tweens and Teens—MS/HS

Learn practical strategies to nurture responsibility and resilience, as the parental role shifts from being micro-managers to consultants.

Encouraging Responsibility: Kid-Friendly Schedules, Chores, and Being on Time—E/MS

Get practical advice on how to teach responsibility by having effective collaborative problem-solving discussions with your children. They will be excited, feel more “grown-up,” leading to greater cooperation.

Managing Your Own Expectations: Letting Go and Staying Calm During Uncertain Times—All Ages

Explore strategies for practicing self-compassion and finding peace in difficult circumstances. This immersive session includes meditation, self-reflection, and discussion about the relevance of these practical tools for parenting.

Parenting as a Team—All Ages

During this interactive, two-part workshop, partners learn about the research, principles, strategies, and skills needed to strengthen the partner relationship when it comes to parenting. Participants engage in group discussions and are given exercises to do both during and between sessions.

TECHNOLOGY AND MEDIA MANAGEMENT

Connected or Disconnected: Technology and Your Family—All Ages

Explore the advantages and drawbacks for our digital natives, recognize the top signs of screen addiction, and discuss the reality and challenges of being a good role model with your own digital use.

Cyberbullying: Helping Schools, Parents, and Students Stop Online Social Cruelty—All Ages

Discuss the many forms of cyberbullying, including interactions on social media, texting, blogging, and gaming. Learn specific strategies for how to recognize, prevent, and intervene in cyberbullying incidents.

Digital Elementary School Kids: Safe, Smart and Responsible—E

Discuss how elementary-age children use digital technology, including the internet. Learn the impact of technology on children's development and gain tools to teach children how to be safe, smart, and responsible media users.

Digital Middle School: The Connected Culture of Tweens and Teens—MS

Discover the allure of social media, online gaming, and other forms of digital media as a way of connecting with peers. Learn tips and strategies to ensure that middle school kids learn to use technology responsibly and safely.

SCHOOL READINESS, TRANSITIONS AND SUCCESS

Choosing a Preschool: What Are Your Choices and How Does It Work?—I/T

Discover different types of programs and philosophies in early childhood education, from Montessori to project-based learning. Learn how to recognize developmentally appropriate practice, information on children's readiness, and logistics of choosing a preschool.

How to Ease Back into In-Person School and Work Life—All Ages

Returning to in-person school and work life can be a traumatic change after a year of isolation, especially for kids. Learn how to help your child re-engage in social activities and make the transition from virtual learning to the classroom. We'll discuss how you can help reduce your child's stress and anxiety, and how you can maintain work/family life balance as you re-establish routines and get back into everyday activities.



WORKSHOPS FOR PARENTS

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Public or Private School: Choosing the Best Elementary School for Your Child—P/E

Discuss the differences between a public and private school education, the options that are available, and how the application and registration processes work. Guidelines for evaluating and selecting schools that align with specific family needs will be provided.

Ready, Set, Go: Preparing for Kindergarten—T/P

Know what to expect from kindergarten programs and learn to recognize signs of readiness for elementary school. Discuss ways to help your child prepare socially, emotionally, and academically for this important transition.

Transitions to High School and College—MS/HS

Help teens get ready for what might feel like a huge change in their lives, and a potentially scary or stressful experience. Learn tips to make this transition as smooth as possible, both before and once school starts.



SPECIFICALLY FOR SCHOOLS AND EDUCATORS

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Beyond Service Credits: Cultivating Service-Learning as a School Value—MS/HS

Community service hours are perhaps a graduation requirement in your school, but how might we build a community that is shaped by a commitment to service-learning? Explore strategies and tools that will inspire a meaningful commitment to the value of service.

Building Culturally Responsive Classrooms: An Anti-Bias Approach—All Ages

Learn about the importance of an anti-bias approach in building and supporting a culturally diverse and responsive classroom community. We will analyze the four core goals of anti-bias work, including identity development, appreciation for diversity, honoring students' ideas of fairness and justice, and building students' activism in standing up for others. Come away with a variety of hands-on activities that promote a safe, culturally sensitive learning environment.

Building Resiliency for Ourselves and the Children in Our Care—I/T/P

Building resiliency means using behaviors and thoughts to manage adversity and change, often resulting in personal growth. Staff will reflect on current self-care strategies, while also learning how to promote coping skills for children.

Confronting Racism, Antisemitism, and Discrimination—MS/HS

To confront and combat the rise in antisemitism, racism and discrimination the JFCS Holocaust Center facilitates workshops that inspire empathy, moral courage and social responsibility. Workshops for students, educators and parents offered virtually for the 2021 – 2022 academic year.

Enhancing School Success with ADHD—E/MS/HS

Learn how to help children with Attention Deficit Hyperactivity Disorder (ADHD) find success in the classroom. Discuss strategies to support the learning, social, and behavioral challenges that come with ADHD, including building an effective parent-teacher partnership.

How to Lead an Effective Club at School—MS/HS

For teen leaders: Are you interested in making a positive impact in your school community through a student club, affinity space or leadership team? Gain new skills that will help you activate your peers, and design and facilitate truly productive and inspiring peer groups.

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Managing Challenging Behavior in the Classroom—P/E

Learn how to prevent, manage, and respond to aggressive behaviors in your classroom including biting, hitting, and grabbing. Discuss strategies and tips for managing strong emotions and moderating impulsive reactions.

Recognizing Developmental Red Flags in Children—I/T/P

This workshop helps teachers and caregivers recognize what is outside of the typical range of development for young children in the areas of physical, verbal, or social development. We will also help you be prepared to talk to parents about these concerns.

Recognizing Signs of Autism Spectrum Disorder: What to Look for and How To Help Parents Get Support—I/T/P

Come and learn about the three main symptoms of autism required to meet diagnosis criteria, as well as the less obvious signs of possible autism in young children. We'll discuss when to recommend a comprehensive developmental evaluation for a student and how you can help parents find the support services they need.

Special Needs Inclusion: Helping Children Connect to Their Community—All Ages

Educators can play a vital role in helping children with special needs and their families feel included and accepted. We'll discuss how you can use language, interactions and accommodations to embrace the individuality of all children. Learn about the mainstreaming opportunities that special needs children are entitled to and where they can find inclusive experiences in the local community.

Strategies & Tools for Amplifying Youth Voice—MS/HS

For teachers/youth professionals whose roles include supporting young leaders who are creating and facilitating events or projects. Learn strategies and tools to design democratic student spaces where they feel safe to lead confidently, share personal perspectives, and show up with their whole identities.

NOTE: If you didn't see quite what you were looking for, please let us know! This list is not exhaustive of our expertise. Additional topics we cover include working with special needs students and families; tantrums; child temperament and parenting styles; sibling rivalry; adding a new baby to the family; and more.



**To schedule a workshop, discuss fees,
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