



# Center *for* Children and Youth

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES



## HELP KIDS SOAR

**PARENTING WORKSHOPS  
IN YOUR COMMUNITY**





## **BUILDING STRONG COMMUNITIES, ONE FAMILY AT A TIME**

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. Our dynamic, expert-led parenting classes and workshops can be offered at your school throughout the year. Whether you are looking for an ongoing parenting series or a single workshop on a specific topic, we can provide support and guidance for parents in a variety of formats.

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

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

Mary Tiamzon-Lee,  
Regional Director, Business  
& Administrative Operations

**Maryt@jfcs.org** or **650-688-3021**

### **What else does the Center for Children and Youth offer?**

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

### **Locations:**

San Francisco • Palo Alto  
San Mateo • Marin County

**Contact us today to learn more!**

**888-927-0839**

**[centerforchildrenandyouth.org](http://centerforchildrenandyouth.org)**

## CHILD/TEEN 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.

### **Effective and Joyful Discipline with Your Strong-Willed Child—P/E/MS**

Are you trying to navigate dynamics in the household and end up with power struggles? Strong-willed children want to cooperate, yet they must be approached differently than easy-going children. Break this cycle and learn how to win cooperation effectively.

### **I'm Talking, But They're Not Listening!—E/MS**

This workshop provides specific communication tools to improve your child's ability to listen to, understand, and respond to requests. Learn what to do when your child is not following directions or understanding limits. Discuss positive strategies to build cooperation with your child.

### **Parenting with Your Child's Brain in Mind—T/P**

Based on the bestselling book *The Whole-Brain Child* by Daniel J. Siegel, MD & Tina Payne Bryson, PhD, this workshop will empower parents with the tools they need to help develop their children's emotional intelligence. Learn about your child's "upstairs brain," why children throw tantrums or sulk, and how to minimize these behaviors.

### **Positive Discipline for Your Toddler—T**

Learn how to use empathy, compassion, and positive discipline while laying the foundation for teaching your toddler inner control, nurturing their strengths, and motivating them to cooperate.

### **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.

### **Teaching Cooperation without Stickers, Snacks, or Screens—T/P**

Explore how consequences and rewards can get in the way and will also look at how to use encouragement and praise to motivate your child to behave and cooperate.



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

### **“That Makes Me So Mad!” Parent/Child Anger Management—P/E**

Children get angry in a split second, often leaving parents in total bewilderment and turmoil. In this two-part series, we will explore anger, ways to help children regain control of themselves, triggers that precipitate anger, and typical responses to anger. We will also explore triggers to parent anger, positive and negative responses to it, and productive management techniques to help when triggers arise in the future.

### **Understanding your TWEEN: Wisdom for Parents of Middle Schoolers—MS**

In this workshop, participants discuss how children grow and mature, through testing limits, making mistakes, and trying again. Learn practical strategies to nurture responsibility and resilience, as the parental role shifts.

## **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: A Family’s Approach to Racial Awareness—All Ages**

Creating racially-just communities begins with the anti-bias work we do at home with our families. We will discuss and learn to understand how the world is beautiful with diversity through the contributions we each bring to the table.

### **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.



### **How Parents Can Help Their Teen Cope with Anxiety—MS/HS**

This workshop will discuss how parents and guardians can help your teen manage anxiety and when to seek professional guidance. Dr. Patel will describe the latest research underlying treatment options for anxiety disorders, including psychotherapy, lifestyle interventions such as exercise and sleep, and medication treatment.

### **Living with Your Highly Sensitive Child—P/E**

If your child experiences the world with more intensity, gets overstimulated easily, or has a hard time adjusting to new situations, it might be more than simple growing pains; you may have a highly sensitive child. Learn techniques to support your child's intense reactions.

### **Navigating the New World of Gender—All Ages**

This workshop starts with a short history lesson that sets the context for the new world of gender diversity we live in. With this understanding, we'll work through a few scenarios to help develop a connected, compassionate mindset to turn to when encountering new gender contexts. Participants will leave this workshop with a better understanding of gender and their style for navigating the emerging gender creative world.

### **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.

### **Risky Behaviors and Responsible Decisions with Teens—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**

### **The Art of Raising Teenagers—MS/HS**

Do you wonder what your teen needs from you—other than money and car rides—that you can effectively provide? Understand why teens do puzzling things, how to best respond to their behaviors, and how you can develop and maintain a good relationship with them during this challenging stage in life.

### **Control to Connection: Stop Yelling and Start Having Fun!—All Ages**

Join us for a workshop that will help you transform your family dynamic and beyond. Understand your child's behavior from a neuroscience standpoint and foster a deeper connection. Learn new tools to help you lean into your kids' social-emotional needs rather than force or control compliance through fear and punishment.

### **Fostering Positive Sibling Relationships—P/E**

Understanding the ins and outs of sibling relationships empowers parents to manage sibling rivalry with grace and ease. Parents will gain a deeper understanding of sibling conflicts, tools to prevent them, and answers to those challenging questions about fairness, cooperation, compassion, intervention, ground rules, and what it takes to raise siblings who are also close friends. This workshop will discuss short- and long-term plans for keeping the peace.



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### **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.

### **Raising an Only Child—P/E**

We will discuss the joys and challenges of raising an only child and discuss the joys and challenges of raising an only child and provide practical strategies to avoid spoiling, foster independence and encourage positive social relationships.

## **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.

### **How Smartphones and Social Media Affect Our Children’s Mental Health—E/MS/HS**

Over the past decade, social media has surged in popularity and has become almost impossible to avoid. Before you ban phones and social media forever, and risk endless arguments with your child, join us to learn exactly what science has discovered about how social media affects our children and what we can do to protect them.

### **It’s Screens or Screams! Toddler Tips for Exhausted Parents—T/P**

The American Association of Pediatricians recently amended their recommendation for zero screen time for kids three and under. You’ll gain insight into the brain development of a baby and evaluate putting a screen into a toddler’s hand.

### **Let’s Talk About Your Child’s First Cell Phone—E**

Giving your child their first phone is a big step! Learn how to prepare your child for their first cell phone and how to reduce battles down the road around rules.

## 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.

### 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.

### Recognizing Giftedness in Your Child and Supporting these Unique Traits—ALL AGES

This workshop will cover what a gifted young child looks like, how "giftedness" is defined in early childhood, and the unique characteristics and needs of gifted young children. Discuss your gifted child and ways to meet their needs at home and in school.

### Stepping Stones: Navigating the Preschool to TK Journey—P

Learn about the TK curriculum, daily routines, and social-emotional expectations. Gain tools to ease your child's anxiety through the transition and foster a positive attitude towards school. You'll connect with other parents as you discover strategies to support your child during this exciting new chapter!

## PROFESSIONAL DEVELOPMENT FOR YOUR STAFF—DELIVERED DIRECTLY ON-SITE

We also offer professional development workshops tailored for educators at all levels, from early childhood to high school. Explore our offerings in our [Staff Professional Development](#) catalog. We are happy to customize trainings to meet your school's specific needs—[contact us to learn more!](#)

**"The Center for Children and Youth has been a wonderful resource for our preschool. We often rely on them to provide us with an extra set of professional eyes and guidance to help our teachers and parents better understand and support individual children and their social and emotional development."**—*Marissa, Preschool Founder*



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