



# Center *for* Children and Youth

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES



## PARENTING WORKSHOPS FOR YOUR COMMUNITY

**2025/26**



## 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

**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.

### **Attentional Difficulties in Young Children: When to Seek Support—E**

Dr. Sarita Patel, Board-Certified Child and Adolescent Psychiatrist, will discuss the many factors beyond ADHD that can affect a young child's ability to focus, including: anxiety, developmental delays, sensory sensitivities, sleep issues, and temperament. Designed to inform and empower without pressuring families to self-diagnose, this session offers a compassionate look at the complexities behind attention difficulties in young children.

### **Brain-Wise Parenting: Nurturing Growth and Connection—T/P**

Inspired by *The Whole-Brain Child* by Dr. Daniel Siegel and Dr. Tina Payne Bryson, this workshop gives parents practical tools to support emotional development. Learn how the brain influences behavior, what's behind tantrums and shutdowns, and how to respond in ways that build emotional resilience and connection.

### **Discipline 101: The Power of Positive Guidance—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.

### **Encouraging Cooperation—No Stickers, Snacks, or Screens Needed—T/P**

Discover why rewards and consequences may backfire when it comes to long-term cooperation. Explore how to use encouragement and meaningful praise to motivate your child, build internal motivation, and support lasting, respectful behavior—without relying on external incentives.

### **"I'm Talking, but They're Not Listening!" Building Better Communication—P/E/MS**

Learn practical communication tools to help your child listen, understand, and respond more effectively. Explore positive, respectful strategies for setting limits, gaining cooperation, and strengthening your connection—especially when your child has trouble following directions.

### **Joyful and Effective Strategies for Your Strong-Willed Child—P/E/MS**

Tired of daily power struggles with your strong-willed child? Learn why traditional approaches may not work—and how to guide behavior with empathy, consistency, and confidence. Discover proven strategies that foster cooperation while preserving your child's spirit—and your sanity!

### ***That Makes Me So Mad!* Navigating Parent & Child Anger Together—Two-Part Workshop—P/E**

Anger can surface in an instant—especially in young children—often leaving parents feeling overwhelmed and unsure how to respond. This two-part workshop will explore the roots of anger in both children and parents, common triggers, and typical emotional responses. You'll learn practical strategies to help children regain control, understand your own anger, and respond in ways that build emotional resilience.



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

### **Thriving with a Spirited Child: Supporting Big Feelings and Big Energy—P/E**

Is your child intense, persistent, energetic, or highly sensitive? This workshop offers practical strategies to better understand spirited children and reduce daily power struggles. Learn how to support their unique temperament, improve family dynamics, and foster a more peaceful, cooperative home.

### **Understanding Your Tween: Guidance for Parenting Middle Schoolers—MS**

Middle schoolers are growing fast—emotionally, socially, and independently. This workshop explores how tweens learn through testing boundaries, making mistakes, and starting over. Gain practical tools to support responsibility, build resilience, and adapt your parenting role as your child matures.

## **SOCIAL AND EMOTIONAL LEARNING**

### **Building Resilience in 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.

### **Building Your Child's Confidence and Inner Strength—P/E/MS**

A child's self-esteem and sense of personal power are shaped by everyday interactions and messages they receive. Explore practical ways to nurture your child's confidence, encourage self-worth, and support their growing independence—at home, at school, and beyond.

### **Friendship Skills for Growing Kids—P/E**

Explore the key social skills children need to build strong, lasting friendships. This workshop covers how boys and girls may differ in social development, how to teach conflict resolution, and ways parents can support their children in navigating peer relationships with confidence and empathy.

### **How Parents Can Support Teens with Anxiety—MS/HS**

Dr. Sarita Patel, Board-Certified Child and Adolescent Psychiatrist, will share up-to-date research on effective treatment approaches for anxiety, including therapy, lifestyle changes like sleep and exercise, and medication options. Learn when to step in, how to talk with your teen about mental health, and when it may be time to seek professional help.

### **Parenting a Highly Sensitive Child—P/E**

Does your child react strongly to sounds, emotions, or changes in routine? They may be a highly sensitive child—deeply attuned to their environment and easily overwhelmed. This workshop will help you understand the traits of sensitivity and offer practical techniques to support your child's emotional intensity, reduce overstimulation, and ease daily transitions.

### **Together for Justice: Building Racial Awareness at Home—All Ages**

Creating a more just and inclusive world starts at home. Explore how to nurture racial awareness, embrace diversity, and foster meaningful conversations about identity and equity. Learn how to celebrate differences and recognize the unique contributions every person brings to the community.

### **Understanding and Easing Childhood Anxiety—E/MS**

Learn how to recognize signs of anxiety in children and understand its impact on the entire family. We'll discuss practical strategies to help kids manage worries, regulate strong emotions, and build resilience. Explore common triggers—like school stress, social challenges, and separation—and discover tools to support your child with confidence and compassion.

## **BUILDING STRONG AND HEALTHY FAMILIES**

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

Ever wonder what your teens really need from you—beyond money and car rides? This workshop explores why teens behave in surprising ways, how to respond effectively, and how to build a strong, respectful relationship during these formative years. Gain insight into adolescent development and practical tools to stay connected through the ups and downs.

### **Beyond Yelling: Parenting with Connection and Calm—All Ages**

Ready to break the cycle of yelling and power struggles? This workshop offers practical tools to shift from controlling behavior to building strong, respectful relationships with your children. Grounded in brain science, you'll learn how to better understand your child's emotions, respond with empathy, and support their social-emotional growth while creating a more joyful home environment.

### **Building Strong Bonds Between Siblings—P/E**

Sibling dynamics can be both heartwarming and challenging. This workshop helps parents understand the roots of sibling rivalry and offers practical tools to reduce conflict, encourage cooperation, and set fair ground rules. Learn how to navigate issues of fairness, compassion, and when to step in—while laying the foundation for a lifelong sibling bond. You'll leave with strategies for both daily peacekeeping and long-term relationship building.

### **Helping Teens Make Safe and Informed Decisions—MS/HS**

Conversations with teens about topics like substance use, sexual behavior, and other risky choices can be challenging. This workshop offers practical strategies for building trust, listening effectively, and guiding teens toward responsible, informed decisions—while keeping communication open and judgment-free.

### **Parenting an Only Child—P/E**

Raising an only child comes with unique joys and challenges. This workshop offers practical strategies to nurture independence, prevent overindulgence, and support healthy social development. Learn how to meet your child's emotional needs while encouraging confidence, connection, and resilience.

### **Raising Independent Tweens and Teens—MS/HS**

As children grow into adolescents, your role as a parent shifts from manager to mentor. This workshop offers practical strategies for fostering independence, resilience, and responsible decision-making. Learn to step back with confidence while still offering the guidance and support your tween or teen needs.



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### **Teaching Responsibility Through Routines and Chores—E/MS**

Learn practical ways to build responsibility in your child through child-friendly routines, age-appropriate chores, and time management strategies. This workshop will introduce collaborative problem-solving techniques that invite your child to participate in decision-making, helping them feel more capable and invested—while reducing power struggles and boosting cooperation.

## **TECHNOLOGY AND MEDIA MANAGEMENT**

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

Getting your child their first phone is a major milestone—and one that can bring excitement, worry, and plenty of questions. This workshop will help you prepare your child for responsible phone use, set clear expectations from the start, and avoid power struggles down the road. Learn how to create healthy tech habits from day one.

### **Raising Kids in a Screen-Filled World—All Ages**

How is technology shaping your family's relationships? Explore the benefits and challenges of raising digital natives, learn to recognize signs of screen overuse, and reflect on how our own habits influence our children. Leave with practical strategies for creating healthier digital boundaries and fostering real-world connection at home.

### **Social Media and Mental Health: Protecting Our Kids—E/MS/HS**

Social media and smartphones are now a major part of kids' daily lives—but what does science really say about their effects? We'll explore the latest research on how digital technology influences children's mental health, focus, and self-esteem. Learn practical strategies to set healthy boundaries, encourage open dialogue, and protect your child's well-being without constant conflict.

### **Toddlers, Tantrums, and Technology: A Survival Guide—T/P**

When you're exhausted and your toddler is melting down, a screen can feel like the easiest fix. But what's really happening in your child's developing brain? We'll explore updated screen-time guidelines, the impact of digital devices on early development, and practical, screen-free strategies to support your toddler's growth—and give you a break without guilt.



## SCHOOL READINESS, TRANSITIONS AND SUCCESS

### Choosing a Preschool: Programs, Philosophies, and What to Look For—I/T

Selecting the right preschool can feel overwhelming—but understanding your options makes it easier. We'll explore different types of early childhood programs and teaching philosophies, such as play-based, Montessori, and project-based learning. Learn how to assess readiness, recognize developmentally appropriate practices, and navigate the practical steps of finding the best fit for your child and family.

### Happy Goodbyes: Easing the Transition to Preschool or Childcare—T/P

Starting preschool or childcare is a big milestone—for both children and parents. Learn practical strategies to ease separation anxiety, build your child's confidence, and create positive goodbye routines. You'll discover ways to support your child's emotional readiness and partner effectively with caregivers to ensure a smoother, more reassuring transition.

### 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 TK and Kindergarten—T/P

Learn about the TK and Kindergarten 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!

### Stepping Stones: Navigating the Preschool to TK Journey—T/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:** [ccy.jfcs.org/teacher-catalog](https://ccy.jfcs.org/teacher-catalog).

We are happy to customize trainings to meet your school's specific needs—**contact us to learn more:** [ccy.jfcs.org/contact](https://ccy.jfcs.org/contact)!



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