



Parent Workshop Series

Upcoming Workshops for Parents at Yonkers Schools:

Mindfulness & Self-Care

Wednesday, April 26th from 6-7pm (IN-PERSON)

Yonkers Public Library Auditorium, 1 Larkin Ctr. Yonkers, N.Y. 10701

This workshop provides parents and caregivers with the tools and coping strategies to practice mindfulness and self-care at home, improving our overall wellbeing, and encouraging role-modeling for our children.

Supporting Adolescent Mental Health

Thursday May 11th from 6-8pm (VIRTUAL)

This Zoom workshop educates parents about adolescent development, the signs and symptoms of mental disorders, and how to support resilience in our youth throughout the challenging stages of adolescence.

Trauma 101

Saturday, May 13th from 10:30-11:30am (VIRTUAL) OR

Thursday, June 1st from 6:00-7:00pm (VIRTUAL)

This Zoom workshop explores how stress and trauma effect behavior and functioning in our youth. Parents will learn how to improve communication with their children while fostering resilience and strengthening awareness of trauma responses at home.

All workshops are free to attend.

To access the Zoom workshops, follow the following link or scan the QR code:

[https://us02web.zoom.us/j/84205812083?](https://us02web.zoom.us/j/84205812083?pwd=ZjVQSmZ3akZUejRUaEdZeThNMtRUT09)
[pwd=ZjVQSmZ3akZUejRUaEdZeThNMtRUT09](https://us02web.zoom.us/j/84205812083?pwd=ZjVQSmZ3akZUejRUaEdZeThNMtRUT09)

Meeting ID: 842 0581 2083
Passcode: 293052

