

ALLIANCE FOR PROGRESS CHARTER SCHOOL PARENT ENGAGEMENT TRAININGS 2023-2024 SY					
DATE	TIME	TOPIC	PRESENTERS	AUDIENCE	OVERVIEW
September 26, 2023	3:45-4:45PM	P.I.E.S. "Self Awareness" Part I	Network of Neighbors	Parents	Training parents on a self awareness tool that will involve when stressed how do you feel Physically, Intellectually "what are you thinking," Emotionally "what are your emotions right now, and who, where, what do you do to feel Safe during these moments & what to do.
October 24, 2023	3:45-4:45PM	P.I.E.S. "Self Awareness" Part II	Network of Neighbors	Parents	Training parents to train/teach the P.I.E.S. techniques to their child/ren and/or family
November 14, 2023	3:45-4:45PM	Youth Mental Health First Aid	Penn State	Parents	Understanding youth mental health challenges, symptoms, how to help, how to respond and trauma informed care (how to communicate to youth that have experienced trauma pasts)
December 12, 2023	3:45-4:45PM	Parenting: communication and setting boundaries	Penn State	Parents	Learning how to communicate with your child to strengthen your relationship.
January 23, 2024	3:45-4:45PM	Social Media & Your Child/Teen	Penn State	Parents	How to monitor your child's social media, learn what dangers are on social media, how social media leads to bullying/teasing/taunting
February 20, 2024	3:45-4:45PM	Food, Nutrition, Cooking on a Budget	Penn State	Parents	Learning how to buy nutritious foods on a budget and a cooking demo

DATE	TIME	TOPIC	PRESENTERS	AUDIENCE	OVERVIEW
March 19, 2024	3:45-4:45	Family Hair Care On A Budget	Chosen 300 Ministries	Parents	Learn hair care for yourself & your children (boys and girls) on a budget (free samples of hair care products will be given to those in attendance)
April 23, 2024	3:45-4:45	Removing the Fear About Therapy	Temple University Psychological Associates	Parents	Learn the signs and symptoms that you may need to seek therapy services (for you and your child)

Please contact Ms. Tanksley, School Social Worker for more information at: 215-232-4892,Ext. 2219.