



Proudly offers:

EMPOWERED PARENTING



EMPOWER · SUPPORT · TRANSFORM

About this Virtual Workshop

Join us for this **FREE** interactive workshop, where families gain practical strategies to support behavior for children with a diverse range of needs and abilities. Whether you're navigating everyday challenges or looking for tools to support more complex behaviors, you'll learn valuable insights and strategies you can use immediately.

We'll also explore approaches that are especially helpful for children who may struggle with organization, flexibility, or emotional regulation, including strategies to support children with Autism or ADHD.

Each week highlights a different focus area:

1. Understanding the Root Causes of common Behavioral Challenges
2. Establishing and maintaining positive relationships, even when it gets challenging
3. Building Responsibility, Routines, and Independence
4. Ensuring Digital Safety: Setting Screen Limits, and Promoting Healthy Online Habits
5. Balancing Sleep, Diet, and School
6. Creating Lasting Change

We're excited to have you join our parenting workshop! To get the most out of this experience, we strongly encourage parents to attend all sessions. Each week builds upon the last, layering strategies and tools that work best when learned and practiced in sequence.

Intended Audience

Families with children aged preschool through middle school.

Dates and Times

**Classes meet virtually once per week for 6 weeks,
every Wednesday starting October 15, 2025**

5:30m-7pm

Week 1: Wednesday, October 15, 2025

Week 2: Wednesday, October 22, 2025

Week 3: Wednesday, October 29, 2025

Week 4: Wednesday, November 5, 2025

Week 5: Wednesday, November 12, 2025

Week 6: Wednesday, November 19, 2025

**Certificate of Completion Ceremony will
be held Friday, November 21 @ 9:00 am**

REGISTER HERE

or



Facilitator:



Julie Macias, MS SpEd
Coordinator, West End SELPA

Special Guest Speaker:



James Collen, MD
Pediatric Neurologist