



Proudly offers:

# EMPOWERED PARENTING



Helping families build stronger relationships with their children.

## 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. The workshop also emphasizes strategies for addressing challenging behaviors and the unique needs of children with Autism and ADHD. In this workshop we will cover:

- Understanding the root causes of common behavioral challenges
- Establishing household expectations and fostering strong communication
- Shaping behavior through positive reinforcement strategies
- Creating structured routines to promote success both at home and at school
- Ensuring digital safety, setting screen limits, and promoting healthy online habits
- And more!

Please note, this course follows a workshop format, where participants will actively engage in meaningful discussions with one another each week. Active participation is encouraged as the value of the course lies in shared dialogue and collaborative learning.

## 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 April 2, 2025**  
**5pm-7pm**

Week 1: Wednesday, April 2, 2025  
Week 2: Wednesday, April 9, 2025  
Week 3: Wednesday, April 16, 2025  
Week 4: Wednesday, April 23, 2025  
Week 5: Wednesday, April 30, 2025  
Week 6: Wednesday, May 7, 2025

Facilitator:



Julie Macias, MS SpEd  
Education Specialist

Special Guest Speaker:



James Collen, MD  
Pediatric Neurologist

REGISTER HERE

or

