A door prize will be given away at each session! Must be present to win!

Parenting Education for School Families

*Zoom Trainings 2nd Tuesdays 6:00 p.m.-7:00 p.m. *Recorded*

Pre-register to receive a link to join live and/or to receive a recording and materials.

Tuesday, September 13th: Mental Health and Wellbeing with Arisa Health

Participants will learn about mental health wellness, its relation to modern brain science, and Arisa Health's role in the community to promote mental wellbeing. Register here.

Tuesday, October 11th: Parenting Kids and Teens with Anxiety

Participants will understand what anxiety, the most common mental illness in the United States, can look like in children and adolescents, and will receive skills to reduce worry and increase calm in the home. Register here.

Tuesday, November 8th: Emotional Intelligence and Calming Chaos

Participants will learn strategies to raise emotionally intelligent children and teens: Build empathy, decrease meltdowns, and manage emotions. Register here.

*Tuesday, February 7th (*First Tuesday, due to Holiday): Co-Parenting Across Separations and Generations*

Participants will learn skills for co-parenting after separation or within an extended support network: how to set boundaries, communicate, maintain relationships, and resolve conflicts. Register here.

Tuesday, March 14th: Teaching Social Skills with Kids and Teens

Participants will learn concepts and skills to teach children and teens various social skills including: conflict resolution, assertive communication, setting boundaries, developing self-esteem, and maintaining friendships. Register here.

Tuesday, April 11th: Technology and Limit Setting

Participants will learn internet safety issues and risks: tools to navigate screen time, R and X rated content, and limit setting. Register here.

Questions? Contact school.outreach@arisahealth.org or Jen Coldiron, Director of School Outreach & Training, at 479-601-4075