## Chatfield Counseling February 5th, 2021 Welcome, upcoming Chargers!

## Smart but Scattered: Helping Children and Teens Strengthen Executive Skills

Peg Dawson: <u>CLICK HERE for flier</u> 2/25 from 5:30-7pm. <u>Click here to register</u>

Join us for this parent/guardian and family training where we will help parents understand how to support their kids with executive functioning skills.

Executive functioning skills are brain functions which help us to accomplish goals, overcome challenges, plan and organize activities, and work to complete a task. These skills are critical to learning and while some students acquire them naturally, others struggle to develop them.

Dr. Peg Dawson will teach participants how these skills develop and provide strategies families can use to help children be successful.

Coffee with the Counselors 2/19 from 7:30-8:30am

Transitioning from 8th-9th grade and transition out of high school: What should we be doing this spring?

TEXT @CSHParent to 81010 for Link

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Next Parent support meeting: 3/12 from 7:30-8:30am.

PLEASE DISCUSS REGISTRATION with your student, and make sure to complete selection!!

For registration resources: CLICK HERE



- Reach out your counselor directly at: <u>tinyurl.com/CSHCounseling</u>
- Text @CSHParent to 81010 for links to CSH events!
  - Archives are at: tinyurl.com/SELSEvents
  - FB.com/COCourageousParenting

Helping Teens Thrive...Together is a new virtual event for teens and their trusted adult(s) to connect and learn together! After 30 years of supporting parents through Jefferson Center's Helping Kids Thrive Conference, community partners have come together to plan this sibling event especially for teens. Join for engaging sessions and activities focused on enhancing communication between teens and their trusted adults, building skills to address all of life's challenges, and promoting connectedness to prevent suicide.

This free community event will be **Saturday, March 6, 2021 from 10a.m.-12 p.m virtually.** You'll have the opportunity to choose from 12 insightful sessions led by behavioral and public health experts, each designed for teens and their trusted adults to participate together. Exclusive videos from presenters will also be available for 30 days after the event.

Teens who participate during the live virtual sessions with their trusted adults will be entered into a gift card drawing.

There is a great lineup of classes::

- --Talking with Teens
- --Fostering Hope in Tough Times --What about wellness?
- --Advocating for Racial Justice and many more!

Registration is open: sign up here.

Haga clic aquí para registrarse en español.