

October–December 2024

CAREspace

Community | Access | Relationships | Emotional Wellness

Parent Workshops and Classes



Bullying Prevention

Identify signs of bullying and how you can partner with schools to address it.

October 7 | 12:00–1:00 p.m.

<https://rcoe.zoom.us/meeting/register/tJESf-qrrD8oHNa-EcTsadw20YIuDIxgParU>



Understanding and Developing Family Morals, Values, and Rules

Define and understand family morals, values, and rules. Learn their purpose and how to incorporate them into discipline.

October 17 | 5:00–6:00 p.m.

<https://rcoe.zoom.us/meeting/register/tJ0kfu2rrzkrHNd9XvTAbTSv7iBy6d0uONLs>



Children of Divorce: How to Talk to Your Child About Divorce

Discover compassionate and effective communication techniques to help your child understand and cope with the challenges of divorce.

November 7 | 5:00–6:00 p.m.

https://rcoe.zoom.us/meeting/register/tJ0kde6rrDguG9bGusPOJnqr3dxBz4l_Pudg



Managing Stress and Anger

Examine the meaning of stress, identify ways adults create stress, and how you and your child can reduce stress.

November 21 | 5:00–6:00 p.m.

https://rcoe.zoom.us/meeting/register/tJwvcuGoqj0rHdFtOCXM9_fuqd3dUdURuFw2



Practicing Gratitude

Understanding the importance of practicing gratitude and developing new perspectives and attitudes.

December 2 | 12:00–1:00 p.m.

<https://rcoe.zoom.us/meeting/register/tJYlcuGpqzwqE93hFXztu91CH8KIQWPZQIVD>



Mindfulness Tips and Techniques

Learn the basics of mindfulness and how to apply these techniques to your daily life.

December 10 | 12:00–1:00 p.m. (English) | 1:00–2:00 p.m. (Spanish)

<https://rcoe.zoom.us/meeting/register/tJlPd-2sqjwqGtTeiSGIsK7qa6m2I3IzFdGB>

For questions please call: 951-276-CARE (2273) or visit our website at: www.rcoe.us/carespace

