



# PARENT WORKSHOPS

Supporting Parents

for PARENTS



## Parenting & Parent Empowerment Workshops

EduCare's *Parenting & Parent Empowerment Workshops* teach strategies for parenting with greater confidence, effectiveness, and personal fulfillment. Through interactive processes, the workshops provide parents and guardians with tools for:

- Building self-esteem in the home
- Motivating and inspiring children (preventive discipline)
- Improving communication and listening skills (conflict resolution)
- Shifting stress to success
- Fostering cooperation and positive attitudes
- Increasing personal self-esteem
- Creating a climate for positive and rewarding family relationships
- Developing greater parental school involvement
- Motivating parents and family members to become more active in the school community
- Developing communication, listening, and rapport building skills
- Learning how to plan, design, and facilitate Parenting Workshops for their school or agency
- Building facilitating skills for presenting parent workshops
- Assisting parents in building their skills for developing their ability to communicate and assist their children

## EduCare currently offers the following Parent Workshops:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Positive Family Communication** | <input type="checkbox"/> Parenting from the Heart        |
| <input checked="" type="checkbox"/> Positive Discipline**           | <input type="checkbox"/> Building Assets in Teens        |
| <input checked="" type="checkbox"/> Motivating your Teen**          | <input type="checkbox"/> Resolving Family Conflict       |
| <input type="checkbox"/> Communicating with Your Teen               | <input type="checkbox"/> Moving Past the Battle of Wills |
| <input type="checkbox"/> Developing a Self-Confident Teen           | <input type="checkbox"/> Creating a Cooperative Family   |
| <input type="checkbox"/> Balancing Love & Discipline                | <input type="checkbox"/> The Empowered Parent            |

### *EduCare's most popular Parent Workshops*

**FORMAT:** All Parent Workshops serve up to 150 parents and include 1½ to 2½ hours of training. All programs encourage active participation and involvement. Bilingual workshops can be arranged on request.

Since 1987, EduCare's programs have been offered to more than 40,000 students in schools, school districts, and youth serving agencies worldwide. Its youth development programs, professional development trainings, and parent workshops have been widely cited as outstanding models for innovative and self-sustaining change.