

PK Parents & Teachers need to *recharge* and *refresh* too!

Summertime

Ahhhhhhhh....

(and we are here to help turn down the heat!)

SIGN UP BELOW for 60-min Virtual Strengths-Based Workshops Designed to Help you Thrive During the Dog Days of Summer. \$25.00 per participant per session. Enter promo code: **OAEYC** to receive a 20% discount.

for PARENTS

Managing Screentime Minus the Meltdown

- Learn creative ideas to engage your children in non-screen activities.
- Create intentional strategies for creating boundaries and healthy habits the whole family will enjoy.

Wednesday, June 26
7:00-8:00pm (EST)

Parents REGISTER:
Managing Screentime

Keeping Your Cool as Temperatures Rise!

- Learn to prioritize yourself, manage expectations, and use your strength of creativity to thrive as a family in the dog days of summer.
- Tips for self care to help you keep your cool & rekindle the sweetness of summer.

Wednesday, July 17
7:00-8:00pm (EST)

Parents REGISTER:
Keeping Your Cool

Building a Strong Start

- Manage those conflicting back-to-school feelings with tips on how to successfully step into the school year on a positive note.
- Tips to reset and rebuild routines, while maintaining balance and a sense of joy.

Wednesday, August 7
7:00-8:00pm (EST)

Parents REGISTER:
Building a Strong Start

1 Digital Do's & Don'ts

for TEACHERS

Digital Media & Its Impact on Pre-K Brain

- Understand the screen-time impact on developing brains, from empathy to sustained attention.
- Learn classroom tools to support students' impulse control, emotional regulations, and conflict management,

Tuesday June 25
7:00-8:00pm (EST)

Teachers REGISTER:
Digital Media

2 Recharge & Refresh

Staying Cool, Calm & Connected

- As a caring, child-centered professional, learn about the impact of chronic stress on the body and mind.
- Walk away with strategies to care for your well-being that will help relieve compassion fatigue and burnout.

Tuesday July 16
7:00-8:00pm (EST)

Teachers REGISTER:
Cool, Calm ...

3 Back in the Swing

Preparing Your Strengths- Based Classroom

- Learn to cultivate the emerging strengths in preschool students, building a positive social & emotional classroom climate.
- Find out how to use mindfulness as a creative strategy for improving student self-regulation.

Tuesday Aug 20
7:00-8:00pm (EST)

Teachers REGISTER:
Strengths-Based