

PROJECT ENLIGHTENMENT

Virtual Parent Workshops 2021

Project Enlightenment is offering virtual workshops for parents of young children 3 to 5 years of age.
Information regarding registration is provided below.

Workshops Include:

Understanding and Supporting Your Intense, Challenging or Highly Active Child

Is your child's behavior intense, challenging or active? In this workshop participants will identify factors that contribute to these behaviors and provide strategies for helping children overcome them.

Date: 2/16/2021

Time: 6:30- 8:00 PM

Fee for: one \$22/ two \$33

Course No.: PVS2101

The Many Faces of Anxiety in Young Children

Anxiety in young children may look like clinginess, fear, and worry, but it may also look like irritability and difficulty focusing. In this workshop, participants will learn how to view some challenging behaviors through the lens of anxiety, rather than just misbehavior. Specific strategies will be shared to enable parents to support their children.

Date: 3/16/2021

Time: 6:30- 8:00 PM

Fee for: one \$22/ two \$33

Course No.: PVS2102

The Language of Self-Control: Teaching Children How to Regulate their Own Behavior

What is self-regulation and how can the power of self-control be taught? In this workshop, participants will learn ways to interact with their child that teaches self-control and supports the development of self-regulation.

Date: 4/20/2021

Time: 6:30- 8:00 PM

Fee for: one \$22/ two \$33

Course No.: PVS2103

Parenting Through Power Struggles: This Too Shall Pass!

Tantrums are a normal part of the parenting journey, but one of the most challenging to handle. This informative workshop will teach parents how to recognize triggers and respond in new ways that are calming, neutral, and productive. This workshop will provide strategies not only to survive the meltdowns, but to actually learn from them.

Date: 5/13/2021

Time: 6:30- 8:00 PM

Fee for: one \$22/ two \$33

Course No.: PVS2104

~ Registration Form ~

Register and pay on-line at <https://peworkshops.wcpss.net> **OR** check the workshops you wish to attend on this form, make a copy for your records, include the form with your payment and return it to:

Project Enlightenment, Parent Workshop Registration

501 S. Boylan Avenue, Raleigh, NC 27603

A confirmation will be sent once registration and payment are received.

Contact tveno@wcpss.net for questions or more information.

Last name: _____ First name: _____

Phone: (primary) _____ Email: _____

Last name: _____ First name: _____

Phone: (primary) _____ Email: _____

Home address: _____ City: _____ State: _____ Zip: _____

Please select: \$22/ single individual \$33/ two individuals TOTAL Payment made: _____



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Office of Early Learning • Wake County Public School System

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WAKE COUNTY
PUBLIC SCHOOL SYSTEM