

# LET'S TALK: A BPS FAMILY CONVERSATION SERIES

Parent University: Monthly Family Workshops (2026)

**Jan  
06**

## Attendance Matters

Please join us to learn about Boston school attendance requirements, chronic absenteeism, the difference between excused and unexcused absences and the many benefits of attending school on time each and every day with Region 6 Supervisor of Attendance: Steve Desrosiers.



**Feb  
03**

## Social Media & Its Effects on Children

The BPC Mindful Parenting Workshop offers parents and caregivers support in strengthening communication, reducing burnout, and supporting everyday family life. Participants will learn simple mindfulness tools they can use in real parenting moments. All activities are hands-on and designed for real-world parenting.



**Mar  
03**

## Helping Children with Anxiety

Dr. Agnes Chung will share practical strategies to help children manage anxiety at home and in school. BPS families will learn how to recognize signs of anxiety, respond in supportive ways, and partner with their child's school to ensure the right supports are in place.



**Apr  
07**

## Mindfulness for Parent and Caregivers

This workshop helps parents and caregivers understand the risks and benefits of social media, set healthy boundaries, and have positive, effective conversations with children and teens.



**May  
05**

## How to Keep Your Brain Healthy

Parents will learn the 12 research-based habits that support lifelong brain health, how small lifestyle changes reduce disease risk, and why talking about brain care at home builds healthier family routines. The workshop is for adults 18+ and includes interactive polls and discussion. Families will leave with simple steps they can model and share with their children.

