



## 2018-2019 Parent Engagement Seminars

**ALL TRAININGS WILL BE HELD AT THE**  
**RUSD Family Resource Center**  
**6735 Magnolia Avenue, Portable B6**  
**Riverside, CA 92506**  
**9:00 a.m. – 11:00 a.m.**

**FREE Parent Trainings. No Formal Enrollment is Necessary.**

Training Dates	Topic
Thursday, September 13, 2018 <u>Presenters:</u> <i>Lateasha Allen</i> <i>(Grade Levels: All)</i>	<b>Be the Incredible Parent, getting your children to do their best!</b> Getting children to do their best academically, socially, and emotionally can prove challenging. This workshop provides practical tools and information to help children with motivation, thinking skills, self-esteem, and problem solving.
Thursday, October 11, 2018 <u>Presenters:</u> <i>Monica Galvez, Vanessa Hurtado</i>  <i>(Grade Levels: All)</i>	<b>Strategies for Parents and Caregivers to Support Children's Transition to Schools</b> Parents will receive information on how to support their children as they begin their education in Riverside Unified School District. Come learn about trauma and adjustment related symptoms, how to support your child, school attendance and the law, and resources and program available for families.
Thursday, November 8, 2018 <u>Presenters:</u> <i>Ashley Esparza, Yvonne Muñoz</i> <i>(Grade Levels: All)</i>	<b>The Impact of Parenting Styles on Children</b> Did you know there are different styles of parenting? This workshop provides information on how parenting style impacts your child. Gain an overview of each style and practical ideas to strengthen your relationship with your child.
Thursday, December 13, 2018 <u>Presenters:</u> <i>Katrina Ramos</i> <i>(Grade Levels: All)</i>	<b>Support for Families of Children Exposed to Trauma</b> Parents, grandparents, and guardians will learn how to effectively interact with children who have experienced trauma. This will help caregivers discover how to connect and communicate in ways that enhance their relationship with their children.
Thursday, January 10, 2019 <u>Presenters:</u> <i>Jose Gomez, Jonathan Peaslee</i> <i>(Grade Levels: 4<sup>th</sup>-12<sup>th</sup>)</i>	<b>Helping Children Find Solutions to Bullying</b> This workshop provides support to parents as they gain skills to identify signs and symptoms of a child who is being bullied, understand different types of bullying, and provide the parents and children with tools to help overcome bullying.
Thursday, February 14, 2019 <u>Presenters:</u> <i>Christina Castro, Michael Chavez</i>  <i>(Grade Levels: All)</i>	<b>Understanding the Essential Needs of a Child</b> Learn how to explore the four essential needs of a child and practical tips to help parents meet those needs. Discover ways to promote safety, refuge, power, and emotional connections to help improve your child's social, emotional, and academic success.
Thursday, March 14, 2019 <u>Presenter:</u> <i>Crystal Castillo, Jennifer Winterton</i> <i>(Grade Levels: All)</i>	<b>Helping Children Manage Their Stress</b> This workshop helps parents identify signs of stress in their child and provides strategies to help reduce stress reactions. Receive resources to support your child at home and strategies to work with school staff to support your child at school.
Thursday, April 11, 2019 <u>Presenters:</u> <i>Diana Twiss</i> <i>(Grade Levels: All)</i>	<b>Taking Care of YOU</b> This training is designed to guide you, as a parent, in finding what works best to take time for yourself. Hear ideas and discover how taking care of YOU can help you take even better care of the others in your life.
Thursday, May 9, 2019 <u>Presenters:</u> <i>Clarissa Lambert, Latricea Woods</i>  <i>(Grade Levels: All)</i>	<b>Mindful Parenting Workshop</b> Parenting today is challenging, and it can be easy to react automatically out of anger or frustration. This workshop provides families with ideas and tools to use a mindful approach to enhance the parent-child relationship. We will explore the developing child's brain and learn to nurture positive relationships between parent and child.

**Spanish interpretation will be available.**

**For more information about the RUSD Family Resource Center, call (951) 328-4003**

For additional information about the **Parent Engagement Seminars**, contact **Armando Luna** -  
Administrative Secretary I for the Student Assistance Program at  
**(951) 352-1200 ext. 83013**