



Workshop Schedule

WEDNESDAY, JANUARY 24, 2024



Workshop	6:30-7:30 pm	7:30-8:30 pm	8:30-9:30 pm
ALL GRADES			
Keeping Kids Smart & Safe Online			
Food for Thought: Keeping Children's Bodies & Brains Healthy			
UPPER GRADES TRACK (RECOMMENDED GRADES 8-12)			
Nurturing and Supporting Your Child's Musical Journey Into Higher Education			
Getting Into College: Preparing for Today's Admissions Landscape	NEW TIME!		
Change Doesn't Have to Be Hard: Managing the Middle-to-High School Transition			
Recognizing and Addressing Stress and Anxiety in Children			
Non-Traditional Post-HS Pathways: Gap Year Options			
Planning for Post-Secondary Employment: ACCES-VR			
LOWER GRADES TRACK (RECOMMENDED GRADES K-7)			
Recognizing and Addressing Stress and Anxiety in Children			
Change Doesn't Have to Be Hard: Managing the Elementary-to-Middle School Transition			
Making Math Feel Second Nature with the Right Mindsets			
Reading and Writing Adventures: Building Family Literacy Together			