



Mathew J. Zagami, LLC
The Center for Teacher & Parent Support™
“Making a Difference in Education Together”

Cell #: 516-426-2786

Email: mjzagami@gmail.com

516-426-2786.

Mental Well Being Parent Workshops

Workshops are presented by a licensed practicing, psychologist with extensive experience in education.

1. **Understanding and Supporting Anxiety in Kids & Teens:** Learn how anxiety shows up differently across ages, how to notice early signs, and practical strategies families can use at home to support calming skills, worry management, and reducing avoidance.
2. **Sleep Health:** Why It Matters for Learning & Emotional Well-Being: Understand the link between sleep, mood, memory, and behavior. Get strategies to improve routines, manage late-night device use, and support better school-day functioning.
3. **Building Emotional Resilience at Home:** Learn skills to help children cope with setbacks, manage big feelings, and develop problem-solving strategies that reduce stress and support confidence.
4. **Stress & Academic Pressure:** Supporting Students Without Overwhelming Them: Explore how academic expectations, homework load, and performance stress affect mental well-being. Families will learn supportive communication strategies and stress-reduction tools.
5. **Trauma Informed Parenting & Community Care:** Understand the effects of community and life stress (e.g., violence exposure, loss, systemic stress) on development, and learn supportive, compassionate responses that help children feel safe and regulated.
6. **Healthy Friendships & Peer Relationships:** Discuss the importance of positive peer connections, how to recognize unhealthy dynamics, (e.g., bullying, exclusion), and ways families can support healthy social skills.
7. **Talking To Your Child About Race, Identity & Belonging:** Learn how to have open conversations about race, culture, identity, and belonging that affirm students and strengthen family communication in a diverse school environment.
8. **Mindfulness, Stress Reduction & Emotional Regulation for Families:** Introduces simple mindfulness, breathing, and grounding practices that families can do together to reduce anxiety, increase focus, and support emotional balance.
9. **Supporting Students With ADHD & Executive Functioning Challenges:** Provides actionable strategies for managing attention, planning, organization, and daily routines—plus ways families can communicate with schools to support success.
10. **Family Communication & Conflict Resolution Skills:** Builds skills for listening, expressing needs, resolving disagreements respectfully, and strengthening connection between parents and children of all ages.
11. **Recognizing Early Signs of Depression & When to Seek Help:** Learn key signs of depression in youth, how symptoms differ by age, and how to access support—from school counselors to community mental health services.
12. **Nutrition, Activity & Mood:** How Health Behaviors Affect Well-Being: Explores the mind-body connection: how food, movement, and routines influence energy, concentration, sleep, and emotions.
13. **Supporting Neuro-Diverse Learners & Families:** Offers insight into autism spectrum, sensory differences, learning diversity, and approaches families can use to advocate for strengths, accommodations, and inclusion.
14. **Safety, Stress & Community Support:** Addresses how exposure to violence and community stressors can affect children's mental health, and offers tools for creating a sense of safety, support, and resilience within families.
15. **Gratitude, Joy & Positive Well-Being Practices:** Encourages strengths-based approaches to daily life, including gratitude practices, recognizing personal strengths, and cultivating joy—even during stressful times.

