

We would like to invite all our families to our Two-Part Parent Engagement Studio on April 10<sup>th</sup> and 24<sup>th</sup>, from 5:30pm to 7:00pm, we encourage all families to take advantage of this unique opportunity to learn about the possibilities of taking a little stress out of parenting.

Dear Families:

Are we doing all we can in helping children journey through difficult relationships? Are you feeling stressed, angry or frustrated? What should or can a parent do when their child gets into a friendship where there is a big power imbalance? What is the fine line between being bullied and being a bully? How can you nurture your child's resiliency and self-esteem while letting them learn their own lessons?

This Two-Part Studio will focus on:

**"A World Where Parenting is less Stressful"**

**Course Description:** During this two-part course, learners will explore the predictable patterns and nuances of teenage development, and be offered a blueprint for how students develop and how *some* students cope. For many parents, this is a turbulent time marked by unpredictable and intense family interactions and power struggles.

Come prepared to **share** and learn how to take a little of the stress out of what may seem an endless time of difficulty and unpredictability.

This workshop provides information and interactive conversations around important concerns that have challenged and concerned parents along developmental strands. A portion of this workshop will be devoted to "When to worry," which will help parents discover what community resources, readings, professional referrals or other workshops are available for families.

A light dinner will be served, childcare is available with prior reservations.

Please RSVP to [ahamilton@epsd.us](mailto:ahamilton@epsd.us) to save your spot at this important **Parent Engagement Studio** event.

Looking forward to seeing you there!

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