

Empower yourself with knowledge to support your child!



Free Parent Workshops

Patchogue-Medford School District Presents

Parent University

Changing lives, building community

All
workshops
will be held
virtually on
Zoom!

March 10

7pm-8 pm

Late, Lost & Scattered: What Parents Need to Know About Executive Functioning Skills

An overview of the various components of executive function including definitions, symptomatology and actionable tips and strategies that parents can employ at home.

March 24

7pm-8 pm

Understanding Stress and Anxiety in Your Child

Focus on the nature of anxiety in children, signs of anxiety that parents can look for, and strategies parents can use to help alleviate their children's anxiety.

April 7

7pm-8 pm

Parent Hacks to Improve Homework Habits

Confront issues involving motivation, independence, and work ethic. Learn strategies to improve time management and organization skills.

April 21

7pm-8 pm

Supporting Your Child's Social and Emotional Learning

Overview of SEL, why it matters for our children and practical strategies to help further develop these critical social emotional skills in your child.



Looking forward to seeing you at our workshops.

Join Zoom Meetings at

<https://pmschools.zoom.us/j/8678988099>

Meeting ID: 867 898 8099

One tap mobile

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