

Parent & Caregiver Workshops

Workshops are open to parents & caregivers from all CIU20 districts and programs!

6-7PM
via ZOOM

A joint community outreach effort between CIU20, Stroudsburg Area, East Stroudsburg Area, Delaware Valley, Northampton Area, Saucon Valley and Pocono Mountain School Districts Mental Health Professional Services

Hosted By:



[CLICK HERE TO REGISTER](#)

September 20, 2022

Mindfulness and Other Tools for Emotion Regulation

October 18, 2022

Why Teaching Your Child to Embrace Diversity is Essential to their Growth

November 15, 2022

How to Protect Your Children from the Dangers of Social Media

December 13, 2022

Helping My Child Develop Healthy Social and Emotional Skills

January 17, 2023

What Parents Need to Know About Children's Mental Health

February 21, 2023

Suicide: What to look for and how to respond.

March 21, 2023

Overcoming The Challenges of Co-Parenting and Blended Families

April 18, 2023

How to Talk With My Child About Self-harm, Depression and Anxiety.

May 16, 2023

Mental Health Awareness--A Closer Look at Mental Health Disorders and How to Raise Awareness

[To Learn More About the Workshops CLICK HERE](#)

Questions? Contact Ken Smith @ ksmith@ciu20.org