

RIDGEWOOD

Parent University

October 2020 - Theme: Supporting my child's social emotional needs

Date	Topic	Details
10/1	Advisory What is Advisory?	Why we designed advisory to help your student and how this can help you as a parent. We will also provide you with more tips to help your student be productive and successful in remote learning
10/8	Anxiety and Depression Helping your teen deal with anxiety and depression	The purpose of this session is to provide strategies for helping their child manage fear by practicing self-awareness and self-management. We will also talk about ways to help your child cope with depression and/or signs they may experience.
10/15	Parent-Teacher Conversations	The purpose of this session is to prepare families for an interaction that can sometimes feel intimidating and stressful– meetings with their child's teacher.
10/29	Self Care Ideas for you and your student.	The purpose of this session is to help families navigate stress through different outlets. We will provide you with tips to try with your students and you too can benefit as well.

**OPEN TO ALL
9-12th GRADE
FAMILIES**

WHEN:

**Every Thursday in
October at 7:00 PM**

WHERE:

**For the foreseeable
future: Online so you
can be anywhere!**

GET SIGNED UP:

**ZOOM link posted
below:**

bit.ly/RHSPARENTSU

Questions?

**Contact Beth Hanes
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