



BUILDING STRONG FAMILIES

With Project Cornerstone

Menu of Parent Workshops

A strong family is one the best predictors of children's success. In these interactive workshops, using the Developmental Assets and Developmental Relationships frameworks to help children thrive while strengthening families, participants will explore strategies and resources to be successful in a variety of topics.

Workshops available in English, Spanish, and Vietnamese

Introduction to Developmental Assets

Exploring positive supports and strengths that young people need to succeed. Strategies to support and encourage youth in their academic, emotional, and social growth.

Introduction to Developmental Relationships

Exploring five elements - expressed in 20 specific actions - that make relationships powerful in young people's lives and foster positive youth development.

Boundaries that Teach

How do we create rules in our family? Tools for setting and keeping safe boundaries while strengthening relationships.

Bullying Prevention

What is bullying? Tools for adults and youth to reduce/prevent bullying, as we work to create new standards of acceptable behavior.

Creating Caring Relationships

How do we express care and support our kids in ways that are meaningful to them? Tools for connecting and building trust to strengthen/expand relationships in our family, school, and community.

Empowering Youth with Visions and Opportunities

Tools to help our kids feel valued, try new challenges, discover what they have to offer the world, and make a positive difference.

How to Talk to Our Kids About Current Events

Tips for navigating potentially sensitive news topics and ways to improve family relationships and digital citizenship skills.

How to Talk to Our Kids About Race, Racism, and Equity

Exploring how to recognize our own racial identity, build a shared understanding of key definitions, and gain language and tools to hold conversations with our kids.

Living our New "Normal"

What's next? What does normal mean anymore? How do we live and learn in a pandemic? Tips for moving forward in ever-changing conditions.

Managing Stress and Fostering Resiliency

What is stress? How do we manage it for ourselves and our kids? Tips for self-care and communication with our kids about stress.

Meet Your Adolescent's Brain

What's happening during this stage of development? How do drugs, technology and sleep affect your child? Tips on how to support and interact with tweens and middle schoolers.

Take It Personally 6-Week Series

Tools for strengthening our relationships with our own kids and those in our community. Each week, come share, discuss, and practice ways to show caring, give support, set boundaries, and build strong relationships that help youth succeed in school, friendships, and life!

Last Modified 09/24/2021