



**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

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, the Developmental Relationships, and SEL (Social and Emotional Learning) 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

SINGLE-SESSION WORKSHOPS

8 Keys to Success

Learn specific strategies to support and encourage kids to succeed academically, socially, and emotionally. This workshop uses the research-based Developmental Assets framework to help adults ensure that children and teens have the positive values, relationships, skills, and experiences that will help them grow up to be healthy, caring, and responsible.

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? Using the research-based Developmental Relationships framework, learn how to connect and build trust to strengthen/expand relationships in our family, school, and community.

Digital Citizenship

How do we deal with all the technology that our kids are exposed to and what is our role as caring adults? Learn ways to support our children and teens on how to use technology in a responsible, safe, and kind way while maintaining a healthy balance.

How to Talk to Our Kids About Current Events

Tips for navigating potentially sensitive news topics. Learn about trauma associated with current events, protecting our students' mental health, improving family relationships, and gaining skills to recognize legitimate news sources.

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

Explore 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.

Inclusion

Learn about inclusion and building community. Topics will include defining inclusion and diversity, discussing the importance of seeing color versus being colorblind, participating in activities that build our awareness around identity markers, and sharing practical tips you can use to help all young people feel valued, respected, and known.

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.

6-WEEK SERIES

Take It Personally

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!

**For more information or to
schedule a workshop, contact:**

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