



FREE parenting workshops via Zoom for families raising children with special needs!

Offered in English by Stepping Stones Triple P Practitioner Stella Lauerman

WHEN	TOPIC
<p>September 29, 2020 3:00 – 4:30 pm via Zoom</p>	<p>Coping with Stress Learn about common causes of stress and how stress affects parenting; how to recognize signs of stress; healthy ways to reduce and manage everyday stress Register for Triple P workshop: http://santacruz.k12oms.org/1284-191084</p> <p>KIDS Zoom Hour The NSCC SELPA hosts KIDS Zoom Hour in correlation with Parent Workshops hosted by Triple P. This month's event is presented by Santa Cruz Public Library. Students will engage in an activity, listen to stories and play games. Register for KIDS Zoom Hour: http://santacruz.k12oms.org/1284-192142</p>
<p>October 27, 2020 3:00 – 4:30 pm via Zoom</p>	<p>Supporting Children with Special Needs in Distance Learning Get tips for parenting during a pandemic; adjusting to distance learning; and helping kids manage distance learning Register for Triple P workshop: http://santacruz.k12oms.org/1284-191085</p> <p>KIDS Zoom Hour The NSCC SELPA hosts KIDS Zoom Hour in correlation with Parent Workshops hosted by Triple P. This month's event is presented by The Santa Cruz Children's Museum of Discovery. Students will engage in an activity, listen to stories and play games. Register for KIDS Zoom Hour: http://santacruz.k12oms.org/1284-192292</p>
<p>November 17, 2020 3:00 – 4:30 pm via Zoom</p>	<p>Helping Teens Cope With Anxiety and Depression Learn about common causes and signs of depression and anxiety in teens; what to do if you think your teen is depressed or has anxiety; tips for helping teens develop healthy coping skills Register for Triple P workshop: http://santacruz.k12oms.org/1284-191086</p> <p>KIDS Zoom Hour The NSCC SELPA hosts KIDS Zoom Hour in correlation with Parent Workshops hosted by Triple P. This month's event is presented by Santa Cruz Beach Boardwalk. During the hour, students will receive a virtual tour of the Santa Cruz Beach Boardwalk and have an opportunity to ask questions. Register for KIDS Zoom Hour: http://santacruz.k12oms.org/1284-192320</p>



Got questions?

Contact the NSCC SELPA Office
(831) 466-5700 or visit www.nscselpa.org

Triple P

Positive Parenting Program

A PROGRAM OF **FIRST 5**
SANTA CRUZ COUNTY

To learn more about Triple P, contact First 5 Santa Cruz County
(831) 465-2217 or triplep@first5scc.org or <http://triplep.first5scc.org>

WHEN	TOPIC
<p>January 20, 2021 3:00 – 4:30 pm via Zoom</p>	<p>Parenting in Uncertain Times, Part 1 Get tips for providing reassurance to children during COVID-19; adapting and maintaining daily family routines; keeping children engaged with interesting activities at home. Register for Triple P workshop: http://santacruz.k12oms.org/1284-191087</p> <p>KIDS Zoom Hour The NSCC SELPA hosts KIDS Zoom Hour in correlation with Parent Workshops hosted by Triple P. This month's event is presented by Santa Cruz Beach Boardwalk. During the hour students will learn magic and be able to test their own skills on family and friends. Register for KIDS Zoom Hour: http://santacruz.k12oms.org/1284-192328</p>
<p>February 24, 2021 3:00 – 4:30 pm via Zoom</p>	<p>Parenting in Uncertain Times, Part 2 Learn about encouraging values, skills, and behaviors that are important in your family; providing age-appropriate answers and emotional support to children and teens Register for Triple P workshop: http://santacruz.k12oms.org/1284-191088</p> <p>KIDS Zoom Hour The NSCC SELPA hosts KIDS Zoom Hour in correlation with Parent Workshops hosted by Triple P. Details coming soon. Register for KIDS Zoom Hour: http://santacruz.k12oms.org/1284-192328</p>
<p>March 24, 2021 3:00 – 4:30 pm via Zoom</p>	<p>Parenting in Uncertain Times, Part 3 Get tips for involving children and teens in developing a family plan; helping children and teens learn to cope with uncertainty and adapt to changes in their daily lives Register for Triple P workshop: http://santacruz.k12oms.org/1284-191089</p> <p>KIDS Zoom Hour The NSCC SELPA hosts KIDS Zoom Hour in correlation with Parent Workshops hosted by Triple P. Details coming soon. Register for KIDS Zoom Hour: http://santacruz.k12oms.org/1284-192328</p>
<p>April 21, 2021 3:00 – 4:30 pm via Zoom</p>	<p>Parenting in Uncertain Times, Part 4 Get tips for taking care of yourself the best you can; reaching out and connecting with loved ones, even when social distancing; connecting to other supports and resources Register for Triple P workshop: http://santacruz.k12oms.org/1284-191091</p> <p>KIDS Zoom Hour The NSCC SELPA hosts KIDS Zoom Hour in correlation with Parent Workshops hosted by Triple P. Details coming soon. Register for KIDS Zoom Hour: http://santacruz.k12oms.org/1284-192328</p>



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