### **Commack School District**

# Parent Resource Center Newsletter

## Introducing:

### Parent Support Workshop Series:

The Parent Support Workshop Series is an educational workshop for parents that is designed to support parents and guardians in addressing various concerns impacting their children. This series is anticipated to meet twice a month throughout the school year and will include presentations on various topics such as how to support students experiencing anxiety, how to encourage coping and emotion regulation strategies, parenting and behavior management skills, organizational skills, and more.

### Facilitated By:

#### Alexa Pata, MS

Primary & Intermediate Schools apata@commack.k12.ny.us

#### **Emily Dugan, LMSW**

Commack Middle School & High School edugan@commack.k12.ny.us

### **Upcoming News:**

### Parent Support Workshop

Date: Monday, December 6th at 6:15pm

Location: Workshop will be held virtually via Zoom

Topic: Helpful Versus Unhelpful Thinking Styles for Parents and Students

**How to sign up:** Please email the facilitator listed for your child's school level to express your interest in attending and receive the session's Zoom link

# Recap of Last Parent Workshop:

Our November 15th Parent Workshop Series focused on continuing to discuss the different signs of anxiety and depression that may be seen in children and adolescents as well as different parenting strategies for supporting children and adolescents demonstrating these signs. In addition, we discussed the importance of emotion identification, emotion regulation, and the use of self-care and coping strategies for parents and students.

# **Activity:**

Using the Sentence Completion worksheets included on the next few pages, try to answer each prompt with the first thought that pops into your head. Afterwards, review your answers and reflect on whether your initial thought utilized helpful or unhelpful thinking. For example, try to be mindful of how many of your sentence responses involved a positive or helpful theme versus how many involved a negative or unhelpful theme.

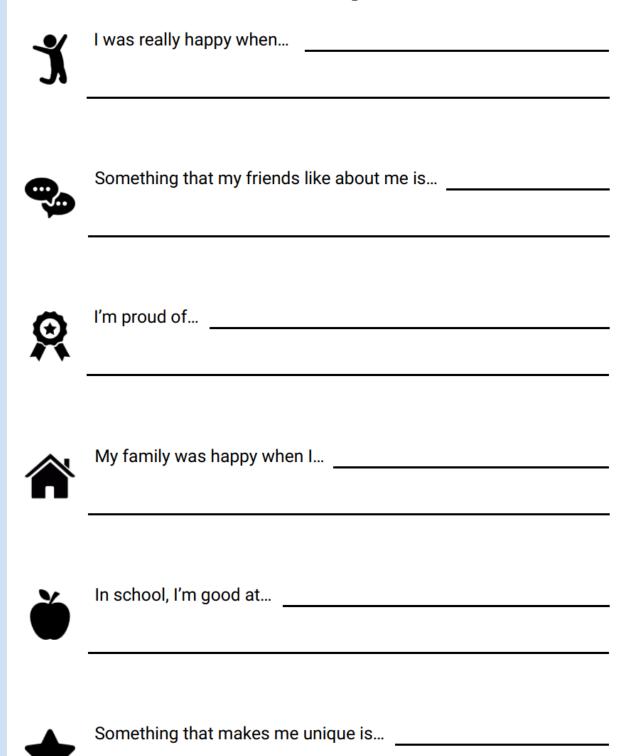
Please note that this activity is optional and that you may complete as many or as few worksheets as you would like or would feel comfortable with answering. In addition, you may wish to select one of the worksheets below to complete with your children in order to explore how their answers may be similar or different from your own and whether their responses reflect more helpful or unhelpful thinking styles.

# **Sentence Completion**

My family is
A fond memory of mine is when
I admire
Right now, I feel
I have been struggling with
I am proud of myself because
I hope to someday
Today, I will
My best friend
I am afraid of
The future seems

## **About Me**

## **Sentence Completion**



# **Sentence Completion**

My favorite color is
My best friend is
I worry about
Right now, I feel
School is
I like to
I want to be a
My family is
I love
I am afraid of
I have fun when I

# Why I'm Grateful

	I am grateful for my family because
••••••••••••••••••••••••••••••••••••••	Something good that happened this week
•	I am grateful for my friendship with because
<b>③</b>	I am grateful for who I am because
	Something silly that I am grateful for
<b>~</b>	Something else I am grateful for

