

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:

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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



I was really happy when... _____



Something that my friends like about me is... _____



I'm proud of... _____



My family was happy when I... _____



In school, I'm good at... _____



Something that makes me unique is... _____

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... _____



I am grateful for who I am because... _____



Something silly that I am grateful for... _____



Something else I am grateful for... _____

