

# Commack School District

# Parent Resource Center

# Newsletter

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## 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  
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## Upcoming News:

### Parent Support Workshop

**Date:** Monday, October 18th at 6:15pm

**Location:** Our first meeting will be held Virtually

**Topic:** Introduction and Information Session

**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

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## Activity:

In preparation for the upcoming parent workshop, we have prepared a few guided questions to think about:

*What is your current goal for your child this year?*

*What is your current goal for yourself as a parent this year?*

*What are some skills or topics that you would be interested in learning about this year?*

*What coping strategies do you currently use at home?*

*What strategies do you currently use for self care?*

*What is something that you are grateful for today?*

