

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, November 1st at 6:15pm

Location: Workshop will be held virtually over Zoom

Topic: Signs of Anxiety & Depression in Children and Adolescents

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 first Parent Support Workshop focused on outlining the goals for the workshop series, addressing the impact that COVID-19 has had on our students, and learning what topics would be most helpful for parents.

Activity:

Optional: Please see below for a list of helpful articles related to signs of anxiety and depression in children and teenagers:

<https://www.understood.org/articles/en/preparing-for-back-to-school-what-to-expect-and-how-parents-can-help>

Anxiety:

<https://www.understood.org/articles/en/anxiety-signs-young-children>

<https://www.understood.org/articles/en/teen-anxiety-symptoms>

<https://www.understood.org/articles/en/anxious-vs-anxiety>

<https://childmind.org/topics/anxiety/>

Depression:

<https://www.understood.org/articles/en/signs-of-depression-at-different-ages-a-printable-checklist>

<https://www.understood.org/articles/en/sadness-vs-depression-in-kids>

<https://childmind.org/topics/depression-mood-disorders/>

Tips for Helping Your Child Manage Stress:

<https://www.understood.org/articles/en/10-ways-to-help-your-grade-schooler-manage-stress>

<https://www.understood.org/articles/en/10-ways-to-help-your-middle-or-high-schooler-manage-stress>