



# FREE Parenting Classes

The Olympia School District is pleased to offer FREE parent education classes with Candyce Bollinger. Candyce is a mother of four children and a local parent educator. She teaches classes through South Puget Sound Community College and has a private practice.

## Workshop Details:

**Time:** 6-8pm

**Location:** Olympia Regional Learning Academy Cafeteria, 2400 15<sup>th</sup> Ave SE, Olympia, WA

## Elementary Parent Workshops (K-5)

### Tuesday, October 18 – Child Development Overview

Understanding brain development at any age is crucial for positive communication and relationship with a child. This workshop will give parents and educators information about developmental expectations for children ages 5 - 11 years old.

### Tuesday, November 15 – Positive Discipline

This workshop is designed to give parents a map and techniques to facilitate healthy discipline.

### Tuesday, January 24 – Safety Without Fear

A workshop designed for parents to help facilitate their children having self skills for personal safety, without increasing anxiety & fear in their children.

### Tuesday, February 28 – Managing Technology

Parents will learn about the latest research, appropriate limits around technology and tools for helping their children learn to self manage their technology use.

## Middle/High School Parent Workshops (6-12)

### Thursday, October 27 – Teen Development Overview

Understanding brain development at any age is crucial for positive communication and relationship with a child. This workshop will give parents and educators information about teen development.

### Thursday, December 1 – Communication & Conflict Resolution

Parents will learn communication techniques, which will help them; both motivate and effectively resolve conflicts with their children.

### Thursday, February 2 – Social Media

Parents will learn about the latest research, appropriate limits around technology, current apps and tools for helping their children learn to self manage their technology use.

### Thursday, March 2 – Anxiety, Depression & Stress

A workshop designed to help parents recognize the signs of depression and anxiety, as well as ways to support their children to cope and manage.

### Thursday, March 30 – Teen Relationships/LGBTQ Topics

A workshop designed for parents in regards on questions and topics around relationships and sexuality.

~Workshops are **free** and **no registration is required**. Childcare is not provided.~