



PEA PROGRAM SESSIONS

THE PARENT EMPOWERMENT ACADEMY (PEA) PROVIDES PARENTAL EDUCATION TO EQUIP PARENTS WITH SKILLS TO CARE FOR AND SUPPORT THEIR CHILDREN. PEA TEACHES POSITIVE PARENTING SKILLS PRIORITIZING CHILDREN'S SAFETY AND WELL-BEING, WHILE ENCOURAGING PARENTS TO ENGAGE IN EDUCATIONAL PROGRAMS.

INTERPRETING SERVICES ARE AVAILABLE FOR KAREN AND HMONG SPEAKERS DURING PROGRAM SESSIONS AS WELL AS CHILDCARE SERVICES.

A LIGHT DINNER WILL BE SERVED DURING EACH SESSION

FOR QUESTIONS EMAIL JENNIFER.YANG@HCPAK12.ORG

TIME: FROM 5 P M - 7 P M

DATE

TOPIC

FEB. 26

EFFECTIVE COMMUNICATION WITH TEENS

MARCH 12

MANAGING PARENT BURNOUT

MARCH 26

LOVE LANGUAGES IN PARENTING

APRIL 9

SETTING BOUNDARIES FOR YOUR CHILDREN

APRIL 30

TEACHING LIFE SKILLS TO YOUR CHILDREN

MAY 14

ANGER MANAGEMENT FOR CHILDREN AND PARENTS

