



Childcare Provider & Parent Workshops

LOCATION: Don Dodge Auditorium,
200 Grand River, Port Huron, MI

REGISTRATION IS REQUIRED- Fee is payable at the door.

By phone: 810-648-2515 Ext. 116

By email: innis@anr.msu.edu

Date	Cost	Time	Topic
Thursday April 17	\$10	5:30 pm - 7:30 pm	<p>Moving from Bystanders to Allies: A Bullying Prevention Workshop for Parents & Caregivers</p> <p>Settings where bullying behaviors occur, whether the behaviors happen face-to-face or virtually, most often involve a larger group of bystanders. An important aspect of creating positive change involves helping kids and adults move from being passive bystanders to being powerful allies. The purpose of the workshop will be to identify and practice skills about being an ally to people who are bullied and identify ways to help those are bullying others.</p>
Thursday May 22	\$10	5:30 pm - 7:30 pm	<p>Keeping Our Kids Safe: A Bullying Prevention Workshop for Parents & Caregivers</p> <p>Though there are many facets of preventing bullying, this particular workshop focuses on the victim or target of hurtful language and bullying behaviors. The activities in this workshop focus on taking power away from the person engaging in bullying behaviors by helping those who are targeted feel empowered, confident, and prepared to respond to bullying when it happens. This workshop includes ideas on creating a safety plan, responding assertively rather than aggressively, and practicing mindfulness to help stay psychologically and emotionally safe in the face of bullying and other challenging situations.</p>
Thursday June 19	\$15	5:00 pm - 8:00 pm	<p>RELAX; Alternatives to Anger for Parents & Caregivers</p> <p>RELAX: Alternatives to Anger is designed to provide participants with an understanding of the developmental stages of self-control and emotional literacy in children. Activities and techniques will be introduced that support social emotional development to reduce stress and anger, improve communication skills and teach ways to make positive behavior changes.</p>

Questions???

Call: 1-810-648-2515 Ext. 116

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