

## Parent Discussion Groups at CPSC

*Do you ever wonder if other parents have the same challenges with their children as you do? Do you ever wish you could just take a break from it all? You are not alone! Come and join us one Tuesday each month to discuss and learn together about the toughest job in the world: Parenting!*

We may not have all of the answers, but sometimes it helps just to hear from other parents and to share your stories. We will be hosting Parent Discussion Group each month on a Tuesday evening (**6:45-7:45pm**). Natalie, our counselor and/or Paula, Assistant Director, will facilitate the discussion groups.

| <b>Discussion Topic</b>                                   | <b>Description</b>   | <b>Date</b>    |
|---|--|----------------|
| <b>SOCIAL DEVELOPMENT</b>                                 | Gain a better understanding of what to expect from children at their developmental level. What are “typical” social and emotional milestones? Groups will be for grades K-2 and 3-5.   | Tue., Sept. 20 |
| <b>MIDDLE SCHOOL INFORMATION</b>                          | Representatives from local middle schools will be available to speak with you individually. Fifth grade students are welcome, but need to plan to visit school tables with their parents.  | Tues., Oct. 25 |
| <b>SIBLING RIVALRY / PEACEFUL FAMILIES</b>                | Strategies for helping siblings and parents to have more peaceful relationships. Learn about “Talk It Out” strategy.   | Tue., Nov. 15  |
| <b>BUCKETS OF LOVE!</b><br>(Parent-Child Make It Take It) | This is an evening to spend with your child during an hour when guidance and materials will be provided for you and your child to create a take home “bucket” filled with positive thoughts you have about each other. A perfect way to spend Valentine’s Day! | Tues., Feb. 14 |
| <b>MIDDLE SCHOOL TRANSITIONS</b>                          | Tips for guiding 5th graders through the emotional and academic transitions surrounding going to Middle School.  | Tues., March 6 |
| <b>EOG INFORMATION SESSION</b>                            | CPSC Staff will lead a discussion about End-of Grade tests (EOG’s). Examples of tests questions, procedures and policies at CPSC, and helpful prep ideas will be discussed.  | Tues., Apr. 17 |

*All discussion groups require pre-registration (as do child care requests). We must have a minimum of 10 parents pre-registered for a group or workshop. Contact Paula, Assistant Director, or Natalie, Counselor, if you have questions. Registration forms will be sent out one week prior to the group date. You may return a paper copy to Paula or email your response and if you need child care.*