



# BUILDING STRONG FAMILIES

## YMCA PROJECT CORNERSTONE

Workshops available in-person or virtually in English, Spanish + Vietnamese.

## Workshops for Parents and Community Members

Join Project Cornerstone Workshops for parents and community members to transform your kid's future. Partnering with over 175 schools, these interactive sessions provide research-backed proven frameworks to strengthen family bonds and help kids thrive.

Contact [workshops@projectcornerstone.org](mailto:workshops@projectcornerstone.org) to secure a workshop date.



### 8 Strategies to Help Youth Thrive

Curious about how to unlock our youth's potential and future success? Discover 8 proven strategies to ensure their academic, social and emotional intelligence. Help them build essential skills to develop positive values, build strong relationships, and feel empowered.

### Boundaries that Teach

How do we create effective rules within the family? Learn tools to set and keep safe boundaries to identify the value behind the rule while strengthening relationships.

### Building Meaningful Connections

Struggling to build connections with kids? Learn actionable ways to connect with youth on their level. Proven frameworks will show you how to build trust, express care, and strengthen relationships within your family, school, and community.

### Bullying Prevention

What is bullying? Acquire tools and action plans for adults and youth to identify, reduce, and prevent bullying and foster a safer, more respectful environment. Join us to set new standards of acceptable behavior.

### Digital Citizenship

How do we help kids navigate online noise in a technology-driven world? Discover how to help youth build an intentional digital footprint and healthy media balance. Understand strategies to ensure online privacy and foster healthy online communication. Learn how to equip youth with the skills of digital discernment, navigating misinformation, and identifying cyberbullying.

### How to Talk to Kids About the News

How do we talk to kids about current events? Learn essential tips for explaining the news to kids, protecting their mental health, and fostering age-appropriate discussions. This workshop is your guide to navigating sensitive topics and enhancing news literacy for youth.

### How to Talk to Our Kids About Race, Racism, and Equity

When do you begin talking about race and racism with kids? Foster healthy discussions on race, racism, and equity by learning tools that build a common language and increase understanding, awareness, and empathy.

### Inclusion

Want to build a more inclusive family, school, and community? We discuss the importance of inclusion, diversity, equity, increasing awareness of identity markers, and celebrating differences. Gain practical tips to help all kids feel valued, respected, and known.

### Managing Stress and Fostering Resiliency

What is the difference between stress and anxiety? How do we manage it for ourselves and kids? Learn tips for self-care and communication with youth about healthy stress management. NOTE: We offer the opportunity to discuss suicide prevention with adults of middle and high school students.

### Meet Your Adolescent's Brain

What's happening during the "tween and teen" stage of development? How do drugs, technology, and sleep affect kids? Learn tips on how to support, interact, and connect with middle and high schoolers during this impactful time.

### Take It Personally (6-Week Series)

Are you looking to build stronger relationships with your family? Discover proven tools that build a healthy foundation for your kids and those in your community. Weekly sessions focus on care, support, boundaries, and keys to success in school, friendships, and life!

## Hear What Parents Have To Say

"I gained new information on how to express care, be an intentional listener, pay attention, be respectful, and validate my child's emotions."

"I've learned that when someone shares something with you, they are not asking for a solution, they want you to listen and understand."

"Be there for your kids and tell them how much you appreciate them."

"Many other parents in the community are going through similar paths and experiences as me."

**YMCA PROJECT CORNERSTONE**

[www.projectcornerstone.org](http://www.projectcornerstone.org)

Updated 08/2024