BCPSCOnnects: Parent/Caregiver Social-Emotional Support

Description: BCPSCOnnects is a group created during COVID-19 to support the social-emotional wellness of our BCPS families.

Event type: Virtual Workshops

Target audience: Adults 18+

Sponsored by: BCPSCOnnects

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<thead>
<tr>
<th>Title</th>
<th>Presenter</th>
<th>Description</th>
<th>Dates &amp; Times</th>
<th>Registration</th>
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</table>
| You Got This! Pathway to Emotional Wellness: Understanding Mental Illness | Patricia Mustipher, LCSW-C | During this time, we might be experiencing an increase in stress, fear, and anxiety related to the current COVID-19 pandemic experience. When our daily lives are disrupted, we respond in a variety of ways based on where we are in our emotional development and lived experience. As we create pathways for major life changes that include the “new norm” of distance learning/working, social isolation, altered routines and the unknowns about the future, we also experience the grief of losing our previous way of living that included celebrations of major milestones, face-to-face connection, and health. This workshop will focus on understanding that life changes for an individual could provoke distress during this unprecedented time. Participants will engage in navigating this journey of COVID-19 to identify the range of emotional reactions with generosity and coping strategies to support recognizing, understanding, labeling, expressing, and regulating the emotional self. Participants will also learn about the resources available across BCPS in navigating a healthy emotional pathway. | Fri, May 8<sup>th</sup> 11:30 am - 12:30 pm  
Mon, May 11<sup>th</sup> 6:00 - 7:00 pm  
Wed, May 20<sup>th</sup> 5:30 - 6:30 pm | Eventbrite Registration |
| Structuring Family Life During COVID-19: The Path to Regaining Your Sanity while Addressing the Needs of Children | Dr. Tana Hope, Kennedy Krieger Institute | Dr. Tana Hope of the Child and Family Therapy clinic at Kennedy Krieger Institute is conducting a series of webinars to bring the structure back into family life during this time of COVID-19. Many families are feeling at a loss trying to re-establish basic daily routines while blending in the demands of virtual school, possibly their own virtual work requirements, and typical kid activities of play and entertainment. These sessions will highlight realistic solutions that address the varying needs of children to help you find balance while strengthening your family's foundation. | 2<sup>nd</sup> – 5<sup>th</sup> Grade  
Wed, April 29<sup>th</sup> 7:00 - 8:00 pm  
Pre-K to 1<sup>st</sup> Grade  
Sat, May 2<sup>nd</sup> 10:00 - 11:00 am  
6<sup>th</sup> – 8<sup>th</sup> Grade  
Thurs, May 7 7:00 - 8:00 PM  
9<sup>th</sup> – 12<sup>th</sup> Grade  
Sat, May 9 10:00 – 11:00 am | Eventbrite Registration |
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<tr>
<td>General Structure and Behavior Management in the Home during Extended Closure</td>
<td>Kelly Evans and Dan Klingler Office of Special Education</td>
<td>Tips and strategies for structuring the home learning environment and strategies to support productive behavior during home learning.</td>
<td>All Sessions 5:30 PM - 6:30 PM&lt;br&gt; Tues, May 5&lt;sup&gt;th&lt;/sup&gt;  &lt;br&gt; Tues, May 12&lt;sup&gt;th&lt;/sup&gt;  &lt;br&gt; Tues, May 19&lt;sup&gt;th&lt;/sup&gt;  &lt;br&gt; Tues, May 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Eventbrite Registration</td>
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<tr>
<td>Creating Calm from Confusion: Parenting Tips to Support Families at Home (Part 1)</td>
<td>Dr. Joan Ledvina Parr</td>
<td>Parents and caregivers will learn strategies to develop and encourage routines and expectations to support their children's adjustment to our &quot;new normal.&quot; Both sessions cover the same content.</td>
<td>Wed, April 29&lt;sup&gt;th&lt;/sup&gt; 3:00 - 3:30 pm&lt;br&gt; Thurs, April 30&lt;sup&gt;th&lt;/sup&gt; 7:00 - 7:30 pm</td>
<td>Eventbrite Registration</td>
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<tr>
<td>Meditation</td>
<td>Niamh McQuillan, Organizational Development</td>
<td>Join a 30-minute meditation to develop a practice of mindfulness.</td>
<td>Mon, May 4&lt;sup&gt;th&lt;/sup&gt; 12:00 – 12:30 pm&lt;br&gt; Mon, May 11&lt;sup&gt;th&lt;/sup&gt; 4:00 – 4:30 pm&lt;br&gt; Mon, May 18&lt;sup&gt;th&lt;/sup&gt; 8:00 – 8:30 am</td>
<td>Eventbrite Registration</td>
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<td>Supporting Executive Function in a Remote Learning Environment</td>
<td>Dr. Liz Berquist</td>
<td>In this session we will define executive function and dysfunction, identify why EF processes are so important in a remote learning environment and identify strategies to help students support working memory, self-regulation and flexible thinking.</td>
<td>Fri, May 1&lt;sup&gt;st&lt;/sup&gt; 11:00 – 12:00 pm&lt;br&gt; Thurs, May 7&lt;sup&gt;th&lt;/sup&gt; 7:00 – 8:00 pm&lt;br&gt; Wed, May 13&lt;sup&gt;th&lt;/sup&gt; 7:00 - 8:00pm</td>
<td>Eventbrite Registration</td>
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**First Financial- Online Wellness Center**

**Description:** Free short interactive modules centering around a variety of financial wellness topics such as building a financial foundation, owning a home, and more. Available in both English and Spanish.

**Event type:** Online Resource
First Financial- It’s A Money Thing

Description: Free video series centering around financial education.
Event type: Online Resource
Link: It's A Money Thing
Target audience: Adults 18+
Sponsored by: First Financial Federal Credit Union

Parent Toolkit-Video Series

Description: Free video series offered from NBC Parent Toolkit. Includes academic and social emotional videos on various topics for supporting children from Pre-K into the college years. Check out some highlighted videos below!
Event type: Online Resource
Link: NBC Parent Toolkit
Target audience: Parents/Caregivers
Sponsored by: NBC Parent Toolkit

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<th>Topic Highlight</th>
<th>Video Direct Link</th>
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<td>Social Emotional Support</td>
<td>Stress Less: Calming Strategies</td>
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<td>Name It, Tame It: Identifying Emotions</td>
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<td>How To Teach Kids About Relationships</td>
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<td>Financial Literacy</td>
<td>Money Basics: Starting Early</td>
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<td>Money Matters: Learning Value</td>
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Children’s Mental Health Matters

Description: CMHM is a Maryland Public Awareness Campaign that raises awareness of the importance of children’s mental health.
Event type: Virtual Workshops (see a highlight below)
Link: Children’s Mental Health Matters Events
Target audience: Adults 18+
Sponsored by: Children’s Mental Health Matters
### Mindfulness Lunch & Learn

**Presenter:** Sheppard Pratt  
**Description:** Mindfulness has evolved to the practice of learning to be present, not worrying about what is around you, or becoming too overwhelmed by what is happening. Join this FB Live to learn how mindfulness can be a powerful tool to help press pause and regroup when anxieties threaten to overwhelm you. Featuring Andrea Gottlieb, PhD, psychologist and DBT project coordinator for Sheppard Pratt.  
**Dates & Times:** May 1\(^{st}\)  
12:00 - 12:30 pm  
**Registration:** [Link](#)  

### NAMI- Family To Family Class

**Event type:** Online Class  
**Link:** [NAMIBaltimore.org](#)  
**Target audience:** Adults 18+  
**Sponsored by:** National Alliance on Mental Illness  
**Description:** Is a loved one of yours living with a mental health condition, and are you looking for tools to help you not only cope, but also best help them? NAMI Family to Family is a free, 8-session course for adults with a family member living with a mental health condition, who are looking to improve their coping and problem-solving abilities. Taught by trained leaders with lived experiences, the course includes activities, discussion, and informative videos, as well as mindfulness exercises.  
**Dates & Times:** Tuesdays  
6:30 – 8:30 pm  
May 5\(^{th}\) – June 23rd  
**To Register:**  
Email [info@namibaltimore.org](mailto:info@namibaltimore.org)  
Or call (410) 435-2600  
**Registration:** [Link](#)