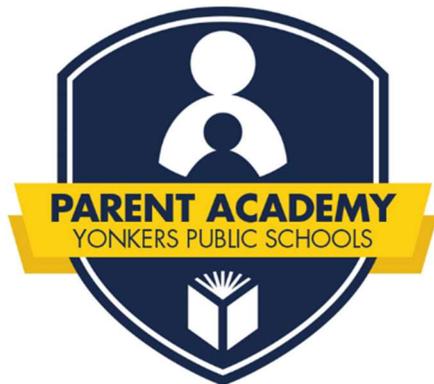# Virtual Parent Academy Workshops

Welcome to the Virtual Parent Academy!

The workshops are designed to empower our parents and caregivers with key information and supports.

Read the course offerings, and then click the following link bit.ly/ypsacademy to access the registration form or scan the QR code below. There is no cost to participants.

If you have any questions or need assistance, call the Division of Language Acquisition, Funded Programs, Counseling and the Arts at **914-376-8230** or email **bfernandez2@yonkerspublicschools.org**

Anxiety and Motivation in Teenagers

This workshop will provide information for parents on the signs of anxiety and strategies to improve motivation. The discussion will include knowledge of community resources and support groups.

Date May 12, 2021 *English Session*
Time: 5:45 PM
Facilitator: Dr. Byrd
Registration: Please click the following link http://bit.ly/3tHi30a to register

Overview of opportunities for summer learning and enrichment

This workshop will provide families with key information on opportunities, resources, and strategies for Yonkers Public Schools children to engage in fun summer activities while developing their literacy and numeracy skills. This workshop will be conducted in English with digital translation supports and in Spanish.

Date: May 18, 2021 *Spanish Session*
Time: 6:00 PM
Facilitator: Christine Sanchez
Registration: Please click the following link bit.ly/ypsacademy to register

SEL Practices at home for students and families

This workshop will equip families with resources for coping with stress and anxiety. An overview of strategies to promote social-emotional wellness will be covered for families to engage at home. This workshop will be conducted in Spanish and English with digital translation supports.

Date: May 20, 2021 *Spanish Session*
Time: 6:00 PM
Facilitator: Melissa Rodriguez
Registration: Please click the following link bit.ly/ypsacademy to register

Date: June 3, 2021 *English Session* with digital translation supports
Time: 6:00 PM
Facilitator: Melissa Rodriguez
Registration: Please click the following link bit.ly/ypsacademy to register

Summer Reading List: Resources to support literacy during the break

Yonkers Public Schools has created a summer reading list for all students. Students have access to these books free of charge at their local Yonkers Public Libraries. This workshop will review the Yonkers Public Schools Summer Reading Lists with books in both English and Spanish, and the activities and resources that support summer literacy. This workshop will be conducted in English with digital translation supports.

Date: June 8, 2021 English session with digital translation supports
Time: 6:00 PM
Facilitator: James Riley
Registration: Please click the following link bit.ly/ypsacademy to register

Supporting Your Child's Learning and Growth this Summer

This workshop will provide tips, resources, and tools to help you support your child this summer and next school year. Topics will include navigating transitions, looking out for your child's mental and emotional health, and accessing supplemental academic resources. Join this session to learn what has worked for other families in New York and across the country and identify a couple new practices you might want to try out.

Date: June 23, 2021 *English Session*
Time: 5:00-6:00 PM EST
Facilitators: Columbia University's Center for Public Research and Leadership (CPRL) -- Madeline Sims (Director, Consulting & Legal Strategy) and Mike Arrington (Fellow)
Registration Link:
https://columbiauniversity.zoom.us/meeting/register/tJwrc--przwtEtOijmVcdzS6aO6bk3eQ5Qq4

Date: June 23, 2021 *Spanish Session*
Time: 5:00-6:00 PM EST
Facilitators: Columbia University's Center for Public Research and Leadership (CPRL) -- Denise Recinos (Project Associate) y Alejandra Vázquez Baur (Project Associate)
Registration Link:
https://columbiauniversity.zoom.us/meeting/register/tJYqduivrjooGdJnQQwSeKgBv1tVh7n0NZ63