



Dedicated to achieving  
Personal, academic and civic  
potential.

## Parent Education Workshop Series Presented by Maria Alviso



Abriendo Puertas  
Opening Doors

### **Workshop discussions will include:**

- **Session 1—I Am My Child's First Teacher** (*how parents take on the role of leaders in the home*)
- **Session 2-My Child, Media and Technology** (*be informed and encouraged to embrace media and technology to prepare your children to succeed in the digital age.*)
- **Session 3—Social-Emotional Well-Being** (*strategies to promote positive behavior*)
- **Session 4—My Child's Growth and Development** (*using daily routines to stimulate healthy brain development in their children*)
- **Session 5—Nutrition & Physical Activity** (*promote healthy habits and learn about healthy recipes*)
- **Session 6—Power of Words** (*how to advocate for their child's educational rights*)
- **Session 7—Count With Me** (*parents will gain knowledge about the importance of early math skills*)

**Monthly workshops for parents,  
Grandparents, and guardians of  
children ages 3-5.**

**Come meet other parents and make  
new friends.**

**For more information and/or to register, call  
Maria Alviso  
PreK Parent Educator  
708-795-2442 X 1021 or [malviso@bn98.org](mailto:malviso@bn98.org)  
Once you register I will send you the link**

### **JOIN US**

#### **WHEN:**

**Thursdays**

**October 22, 2020**

**November 19, 2020**

**December 17, 2020**

**January 21, 2021**

**February 25, 2021**

**March 25, 2021**

**April 22, 2021**

#### **WHERE:**

**Zoom virtual  
Meetings (Link  
available upon  
registration)**

#### **MEETING TIME:**

**1:00PM-2:30PM**

