



#### WHAT IS PARENT UNIVERSITY?

In 2018, Parent University was created by the joint SAUSD School Board in collaboration with Administration. The goals of Parent University are:

- To provide learning opportunities to parents as they navigate the social, emotional and academic challenges of their children's development at school.
- To provide synergy between a child's school and home environment.
- To create unity among SAUSD districts and bring parents of all communities together.

This workshop will be facilitated by Jess Amato of:



# "IN THEIR SHOES"

## AN INTERACTIVE WORKSHOP FOR PARENTS

#### WHAT?

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Is your child a quiet observer? Does he put up a fight about going to new places or even to school on occasion? Does he always seem like he's 3 minutes late to the conversation?

What may appear as shyness, defiance or laziness may be a coping mechanism your child has developed to deal with everyday challenges. In the interactive workshop "In Their Shoes" you will come to understand how it feels to have anxiety, slow processing speed, or lagging executive functioning skills. This parent workshop is designed to be informative and help build compassion for your child's unique personality.

#### WHEN?

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Tues. April 2 from 6 - 7:30pm

#### WHERE?

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Maude H. Trefethen School  
142 Cranfield Street, New Castle