

[CLICK HERE](#) to be directed to the Google Form to register.

Date and Time	Presentation Title	Description	Target Audience	Presenter	Facilitator
March 4 @ 4:00-5:00	Introduction to Zones of regulation	Understanding this curriculum will help parents learn to better help their children cope with their difficult feelings at home and in the community. It teaches children how to identify their feelings in a simple way, as well as suggests different safe coping strategies to use when having these feelings.	Parents interested in learning more about the zones of regulation	Larissa Leader	Judith
March 17 @ 4:00-5:00pm	Sex Education	This Parent University will focus on discussing common experiences, behaviors, and tips for students with disabilities and their families. This presentation will focus on body changes and puberty- as well as how to explain these changes to our students- and how to best explain the topic of sexual education to our ELP, SAB, ELS and LASSO students.	The training is designed for students in our SAB, ELS, ELP and LASSO programs.	Kristen Sepe Shaina James	Laura Wojcik
May 4 @ 4-5:30pm	Mental Health Awareness	<ol style="list-style-type: none"> 1. Recognize the symptoms of teen anxiety and depression 2. Learn ways to respond effectively to your teen's stress, anxiety or depression 3. Provide healthy coping skills that can be utilized immediately to alleviate stress, anxiety or depression 	Parents who want to learn more about anxiety and depression in teens and how to help your son/daughter cope with these issues.	Stacey Gottlieb	Judith