

MY FAMILY MATTERS

BUILDING STRONGER FAMILIES IN CECIL COUNTY

**GILPIN MANOR ELEMENTARY SCHOOL
203 NEWARK AVE, ELKTON, MD 21921**

Please join us for a **FREE** Olive Garden dinner and a fast-paced, interactive workshop designed to build a stronger family.

Doors open at 5:00PM
Dinner Served: 5:00-5:45PM
Session Starts Promptly at 6:00PM
All sessions are **FREE!**

- Childcare will be available for children 5 to 12
- Meals will be provided to ALL attendees
- Spanish Interpreter Present
- Transportation can be arranged with 48 hours notice. Please contact the YES office at 443.593.3900
- Teachers will lead the children's program while parents attend workshops
- Earn credits for community service programs

DATE	TOPIC	DINNER
01/05/2023	<p>Communication & Feelings</p> <p>Feelings are an emotional state or reaction. Communication is the successful understanding or sharing of ideas and feelings. Talking to and understanding your loved ones is one of the most important steps of healthy parenting.</p>	Chicken & Broccoli Alfredo
02/02/2023	<p>Let's Have a Heart to Heart</p> <p>A little empathy every day makes the world a better place! This MFM session will explore empathy vs. sympathy. We will discuss practical everyday strategies that model empathy for our families and community as well as empathetic responses and emotional intelligence</p>	5 Cheese Ziti al Forno
03/09/2023	<p>Keeping Kids Drug Free</p> <p>Now, more than ever, it is crucial that we talk with our kids about the dangers of drug use. In this workshop, we will discuss common reasons why kids engage in substance misuse, the dangers of substance abuse, and what we can do to raise drug free children.</p>	Spaghetti & Meatballs
04/06/2023	<p>Open Discussion Q&A</p>	Chicken Scampi

While parents attend the workshop, students aged 5-12 will participate in social-emotional lessons, where they will learn calming strategies, communication skills and coping techniques to help them navigate life's challenges.

