

# MY FAMILY MATTERS

BUILDING STRONGER FAMILIES IN CECIL COUNTY

**THOMSON ESTATES ELEMENTARY SCHOOL  
203 E THOMSON DR, ELKTON, MD 21921**

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

5:00pm-7:00pm

All 7 sessions are **FREE!**

- Childcare will be available for children 5 to 12
- Meals will be provided to ALL attendees
- 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

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.



DATE	TOPIC	DINNER
10/10/2024	<b>Developing Family Rules &amp; Values</b> We will discuss the values and guiding principles that are important to you and your family as well as the creation of family rules and expectations.	Spaghetti & Meatballs
11/14/2024	<b>Establishing Routines</b> We will discuss the importance of structures and routines as it relates to child development and day-to-day household expectations and continuity.	Chicken Scampi
12/12/2024	<b>Communicating through Affective Statements</b> We will discuss what affective statements are and how using these statements can improve connection and communication between yourself and others.	Chicken & Broccoli Alfredo
01/09/2025	<b>Parenting Styles</b> We will discuss the different styles of parenting and discuss how attachment is related to parenting styles.	5 Cheese Ziti al Forno
02/13/2025	<b>Self-Care</b> We will discuss the importance of checking in with yourself and meeting your own needs so you can work to increase your self awareness and self regulation.	Spaghetti & Meatballs
03/13/2025	<b>Creating Connection &amp; Control with Children</b> We will discuss the importance of attachment and connection with your children as well as how to give them healthy opportunities to exercise control.	Chicken Scampi
04/10/2025	<b>Keeping Kids Drug Free</b> We will discuss concerns related to substance use and how communication and supervision are related to prevention.	Chicken & Broccoli Alfredo