

# MY FAMILY MATTERS

BUILDING STRONGER FAMILIES IN CECIL COUNTY

**NORTH EAST ELEMENTARY SCHOOL**  
**301 E THOMAS AVE, NORTH EAST, MD 21901**

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

5:00pm-7:00pm

All 5 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
10/12/2023	<b>Self-Care &amp; Self-Esteem</b> You can't pour from an empty cup. Self-care can help replenish a parent's energy, focus, and positivity. Parents and caregivers will also learn the importance of a positive self-esteem and how much that influences their children.	Spaghetti & Meatballs
11/09/2023	<b>The Role of Parenting</b> Whether you're a single parent, foster parent, grandparent, or other caregiver, this session is for you. Discuss different parenting styles and learn positive parenting techniques to meet the needs of your family.	Chicken Scampi
12/14/2023	<b>Understanding Feelings</b> Feelings have a purpose, and that purpose is to communicate a message. This lesson will help parents and caregivers recognize and understand their feelings and the feelings of their children and how to manage big feelings.	Chicken & Broccoli Alfredo
02/08/2024	<b>Managing Stress &amp; Anger</b> Participants will learn that stress and anger can affect us physically and mentally. Learning to recognize our triggers and coping skills can prepare us for these difficult feelings.	5 Cheese Ziti al Forno
03/14/2024	<b>The Impact of Trauma</b> Trauma can come up anytime, anywhere. It affects people in different ways. Something that might not be traumatic for you could be for someone else. Come learn the foundation of trauma and some tools and tricks to help prevent generational trauma.	Spaghetti & Meatballs

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