

# Parent Workshops



Urban Initiatives (UI) takes best practices from our 20 years in sport- and play-based youth development to create fun and meaningful experiences for adults and kids. Participants will learn research-based and trauma-informed strategies to connect through play, build resilience, identify and regulate emotions, and support social emotional development. UI's core methodology is adapted from the Weikart Center's Social & Emotional Learning Program Quality Assessment. Parents and guardians will leave our workshops with practical strategies.

**\$250/session**  
(up to 30 participants)

## WORKSHOP OPTIONS:

**All workshops are interactive and experiential, can be delivered in English or Spanish, and can be adapted to fit your school community's specific needs and target audience.**

- **Parent Coach Foundations Workshop (one-hour session):** Parents/guardians will learn games and strategies to help build skills with their kids like understanding emotions and how to address them, being active at home, and playing well together.
- **Playing Together as a Family (one-hour session):** This session for parents/guardians and students together emphasizes the supportive and connective power of play. Participants will play together and discuss ways to use play to process emotion, build energy, and have fun together.
- **Parent Coach Series (multiple one-hour sessions):** A powerful combination of adult-only and family play workshop sessions that provide the opportunity to experience the fun of parent/guardian and child play, while also building a tighter network of support and technical knowledge within the parent community.

### UI PROVIDES:

- Content and training materials
- Facilitation (English, Spanish, or both)
- Outreach & recruitment toolkit

### SCHOOL PROVIDES:

- Space
- Participants and outreach

Need more info?

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