

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.

WORKSHOP OPTIONS:

\$250/hour
(standard session =
1 hour)

All workshops are interactive and experiential, allowing participants to: play games, connect with other parents/guardians, learn research-based strategies, and leave with a toolkit. Standard topics listed below; new content can be created for an additional fee.

-  or  • **Power of Play (single session)** - introductory workshop focused on discovering how play can help students develop their social and emotional skills
-  or  • **Let's Play (series of 4 sessions)** - introduction of the UI Game Cycle to support students' social-emotional well-being during gameplay
-  • **Supporting Resilience & Healing Through Play (series of 2 sessions)** - workshop series that explores how play can be a powerful tool for building resilience and promoting healing
-  • **Parents/Guardians as Coaches (series of 3 sessions or 6 sessions)** - workshop series focused on learning effective coaching behaviors to create positive environments, enhance youth experiences, and promote play and social-emotional well-being



Adults & kids



Adults only

UI PROVIDES:

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

SCHOOL PROVIDES:

- Space
- Participants and outreach
- A/V Equipment (projector & sound)

Need more info?

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