



PARENT WORKSHOPS

Urban Initiatives (UI) draws on 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 growth. UI's core methodology is adapted from the Weikart Center's Social & Emotional Learning Program Quality Assessment. All workshops are interactive and experiential, allowing participants to play games, connect with other parents/guardians, and leave with practical strategies



WORKSHOP OPTIONS



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

Power of Play (single session)

- UI's anchor parent workshop, this session - for caregivers and kids together or just adults - helps participants see the potential of play to both surface and address social emotional growth within UI's proven coaching model.

Building Healing & Resilience Through Play (2 session series)

- Session 1: Examine the impact of COVID-19, community violence, and trauma on both young people and adults.
- Session 2: Experience how play can be utilized to foster resilience and facilitate healing.

Community Coach Development Series (4 session series)

- Help parents/guardians dive deeper into UI's model for connecting with kids and get certified to coach!
- Sessions include: Power of Play, Emotion Coaching, Scaffolding Learning, and Creativity & Choice



UI PROVIDES

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



SCHOOL PROVIDES

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

WANT MORE INFO?

partnerships@urbaninitiatives.org



I learned a lot about how to better communicate with my children. These strategies help even adults cope through emotions and feelings!
- Parent participant