



Parent University *Calendar*

MAY EVENTS

Mental Health Awareness

Facilitated By: Thomas Ryan R-Center | **Location:** 530 Webster Ave, Rochester, NY 14609

Tuesday, May 2 (11:00am-1:00pm)

Mental Health - Cultural perspective of acceptance and overcoming shame and guilt. Create a nonjudgmental space to discuss the historical perspective of mental health stigma and how one overcomes shame and guilt from a cultural lens.

Tuesday, May 9 (11:00am-1:00pm)

Understanding terms, conditions, and behavioral and using strength-based language. Increase understanding of key terms related to mental health conditions and how to use strength-based language when discussing your child.

Tuesday, May 23 (11:00am-1:00pm)

Health and school advocacy – Speaking up for my child's needs. Increase skills and confidence to become the lead decision-maker when advocating for your child in school or across healthcare systems.

Tuesday, May 30 (11:00am-1:00pm)

Patience, love, and hugs during challenging times and when your child may be acting out. Learn to apply self-care for yourself and your family and utilize family peer supports during difficult situations.

Family Academy Saturdays

Facilitator: Community-Based Organizations & RCSD Staff | **Location:** School No. 45 - 1445 Clifford Ave

Saturday, May 20 (10:00am - 2:00pm)

Come out to experience a day of play! Join us for line dancing, zumba, board games, cooking demonstrations, and more.



Parent University
Registration

