



PARENT ACADEMY

January 10 to March 14

2022-2023 WEEKLY WEBINARS

To register, visit ParentAcademyMiami.com

You will receive an email with ZOOM log on information.

Sessions are 1 hour long.

MINDFUL PARENTING

Learn about mindful parenting and how to use mindful practices.

TUESDAY 1/10/23 @ 10 AM & 6 PM

M-DCPS POLICE & FAMILIES SERIES - #2 SEXTING

Advice for families on guiding their children to safely use the internet.

TUESDAY 1/17/23 @ 10 AM & 6 PM

POSTSECONDARY CAREER PATHWAYS

Learn about the workforce preparation pathways available at M-DCPS.

TUESDAY 1/24/23 @ 10 AM & 6 PM

NAVIGATING MENTAL WELLNESS

Learn about M-DCPS mental health services and resources for parents.

TUESDAY 1/31/23 @ 10 AM & 6 PM

FLORIDA ASSESSMENT OF STUDENT THINKING (FAST)

Learn about the new State of Florida assessment and how to access results.

TUESDAY 2/07/23 @ 10 AM & 6 PM

TEACHING KINDNESS

Learn ways to teach kids the value of kindness.

TUESDAY 2/14/23 @ 10 AM & 6 PM

TEST ANXIETY

Strategies to help children reduce test anxiety.

TUESDAY 2/21/23 @ 10 AM & 6 PM

PAYING FOR COLLEGE

As part of preparing for college, learn about financial aid available for your child.

TUESDAY 2/28/23 @ 10 AM & 6 PM

UNDERSTANDING ADOLESCENCE

Tips for understanding teenagers.

TUESDAY 3/07/23 @ 10 AM & 6 PM

GIFTED LEARNERS

Understanding and identifying gifted learners.

TUESDAY 3/14/23 @ 10 AM & 6 PM

Schools & agencies may request individual workshop for their locations.
Visit ParentAcademyMiami.com and click on "[School & Agency Requests](#)".

If you require special accommodations including the services of a Sign Language Interpreter, you must contact the
ADA Office (305-995-4650) at least two-weeks prior to the event taking place.

ENGLISH