

BALTIMORE COUNTY PUBLIC SCHOOLS
PARENT UNIVERSITY
SCHEDULE OF EVENTS



Educating & Empowering Families

Description: BCPSCconnects is a group created during COVID-19 to support the social-emotional wellness of our BCPS families.
Event type: Virtual Workshops
Target audience: Adults 18+
Sponsored by: BCPSCconnects

Title	Presenter	Description	Dates & Times	Registration
You Got This! Pathway to Emotional Wellness: Understanding Mental Illness	Patricia Mustipher, LCSW-C	During this time, we might be experiencing an increase in stress, fear, and anxiety related to the current COVID-19 pandemic experience. When our daily lives are disrupted, we respond in a variety of ways based on where we are in our emotional development and lived experience. As we create pathways for major life changes that include the “new norm” of distance learning/working, social isolation, altered routines and the unknowns about the future, we also experience the grief of losing our previous way of living that included celebrations of major milestones, face-to-face connection, and health. This workshop will focus on understanding that life changes for an individual could provoke distress during this unprecedented time. Participants will engage in navigating this journey of COVID-19 to identify the range of emotional reactions with generosity and coping strategies to support recognizing, understanding, labeling, expressing, and regulating the emotional self. Participants will also learn about the resources available across BCPS in navigating a healthy emotional pathway.	Fri, May 8 th 11:30 am - 12:30 pm Mon, May 11 th 6:00 - 7:00 pm Wed, May 20 th 5:30 - 6:30 pm	Eventbrite Registration
Structuring Family Life During COVID-19: The Path to Regaining Your Sanity while Addressing the Needs of Children	Dr. Tana Hope, Kennedy Krieger Institute	Dr. Tana Hope of the Child and Family Therapy clinic at Kennedy Krieger Institute is conducting a series of webinars to bring the structure back into family life during this time of COVID-19. Many families are feeling at a loss trying to re-establish basic daily routines while blending in the demands of virtual school, possibly their own virtual work requirements, and typical kid activities of play and entertainment. These sessions will highlight realistic solutions that address the varying needs of children to help you find balance while strengthening your family’s foundation.	2 nd – 5 th Grade Wed, April 29 th 7:00 - 8:00 pm Pre-K to 1 st Grade Sat, May 2 nd 10:00 - 11:00 am 6 th – 8 th Grade Thurs, May 7 7:00 - 8:00 PM 9 th – 12 th Grade Sat, May 9 10:00 – 11:00 am	Eventbrite Registration
General Structure and Behavior Management in	Kelly Evans and Dan Klingler	Tips and strategies for structuring the home learning environment and strategies to support productive behavior during home learning.	All Sessions 5:30 PM - 6:30 PM Tues, May 5 th	Eventbrite Registration

Title	Presenter	Description	Dates & Times	Registration
the Home during Extended Closure	Office of Special Education		Tues, May 12 th Tues, May 19 th Tues, May 26 th	
Creating Calm from Confusion: Parenting Tips to Support Families at Home (Part 1)	Dr. Joan Ledvina Parr	Parents and caregivers will learn strategies to develop and encourage routines and expectations to support their children's adjustment to our "new normal." Both sessions cover the same content.	Wed, April 29 th 3:00 - 3:30 pm Thurs, April 3 rd 7:00 - 7:30 pm	Eventbrite Registration
Meditation	Niamh McQuillan, Organizational Development	Join a 30-minute meditation to develop a practice of mindfulness.	Fri, May 8 th 2:00 – 2:45 pm Fri, May 22 nd 2:00 – 2:45 pm	Eventbrite Registration

First Financial- Online Wellness Center

Description: Free short interactive modules centering around a variety of financial wellness topics such as building a financial foundation, owning a home, and more. Available in both English and Spanish.

Event type: Online Resource

Link: [First Financial Wellness Center](#)

Target audience: Adults 18+

Sponsored by: First Financial Federal Credit Union

First Financial- It's A Money Thing

Description: Free video series centering around financial education.

Event type: Online Resource

Link: [It's A Money Thing](#)

Target audience: Adults 18+

Sponsored by: First Financial Federal Credit Union

Parent Toolkit-Video Series

Description: Free video series offered from NBC Parent Toolkit. Includes academic and social emotional videos on various topics for supporting children from Pre-K into the college years. Check out some highlighted videos below!

Event type: Online Resource

Link: [NBC Parent Toolkit](#)

Target audience: Parents/Caregivers

Sponsored by: NBC Parent Toolkit

Topic Highlight	Video Direct Link
Social Emotional Support	Stress Less: Calming Strategies
	Name It, Tame It: Identifying Emotions
	How To Teach Kids About Relationships
Financial Literacy	Money Basics: Starting Early
	Money Matters: Learning Value

Children's Mental Health Matters

Description: CMHM is a Maryland Public Awareness Campaign that raises awareness of the importance of children's mental health.

Event type: Virtual Workshops (see a highlight below)

Link: [Children's Mental Health Matters Events](#)

Target audience: Adults 18+

Sponsored by: [Children's Mental Health Matters](#)

Title	Presenter	Description	Dates & Times	Registration
Mindfulness Lunch & Learn	Sheppard Pratt	Mindfulness has evolved to the practice of learning to be present, not worrying about what is around you, or becoming too overwhelmed by what is happening. Join this FB Live to learn how mindfulness can be a powerful tool to help press pause and regroup when anxieties threaten to overwhelm you. Featuring Andrea Gottlieb, PhD, psychologist and DBT project coordinator for Sheppard Pratt.	May 1 st 12:00- 12:30 PM	Registration Info