



P.E.P.

PARENT EDUCTION PROGRAM

Syllabus

2023–2024 School Year

INTRODUCTION

Here at the Garfield Park Academy, we understand that those who are raising children and teenagers may feel hard pressed on all sides. However, in spite of the societal pressures and regardless of our backgrounds, communities and cultures, it is possible to raise healthy, productive and responsible young people in today's society. With this aim in mind, the Garfield Park Academy is offering a year long Parent Education Program (PEP) to help parents deal with the problems of raising their children and adolescents.

Parents/Guardians and Social Workers will all work together in order to facilitate maximum support and education in these monthly sessions. The goals of the program are to encourage mutual respect between the parent and child as well as foster cooperation, responsibility, and self-reliance.

There will also be opportunities for parents and guardians to discuss their own feelings and ideas as well as find support and encouragement from other group members.

PEP will meet virtually twice a month from 1 PM to 2 PM only. Please RSVP by calling your child's Social Worker at the school or our Director of Social Work (Audra Snyder at 609-877-4111, Ext. 236) to attend. The sessions begin in September and end in June via Zoom.

Again, please call your child's Social Worker or our Director of Social Work (number above) to reserve your spot and for the Zoom invitation information!

2023-2024 PEP SCHEDULE

Sept 21	6 PM	Back to School Night
Oct 11	1 PM	Community Resources
Nov 8	1 PM	Zones of Regulation
Dec 7	1 PM	Self-Harm/Suicide Prevention
Jan 10	1 PM	Behavior Model
Feb 8	1 PM	Community Resources and Crisis Management
Mar 7	1 PM	Mental Health Diagnosis
Apr 10	1 PM	Anger and Self-Regulation
May 8	1 PM	Alternative Types of Therapy
Parent Support (1 PM to 2 PM only)		Sept 27, Oct 25, Nov 15, Dec 13, Jan 25 Feb 21, Mar 20, Apr 24, May 22, <u>and</u> Jun 5

Important Phone Numbers

Main Office	609-877-4111
Dr. Steven Morse Superintendent	Extension 208
Kerrie Morse Director	Extension 206
Audra Snyder Director of Social Work	Extension 236
Lance Clark Principal	Extension 283
Jessica Jones Associate Principal	Extension 247
To report absences	Extension 210
Nurse's office	Extension 233, 205
Website	<u>GarfieldParkAcademy.org</u>
Room Number	_____
Teacher	_____
Social Worker	_____

Topic: Back to School Night

**Date: September 21, 2023
6 PM**

Take this opportunity to meet teachers and other school personnel who support your child on a daily basis. Students' school success improves when families and school personnel are partnering together.

Topic: Parent/Guardian Support Group (open topic)

**Dates: September 27, 2023
October 25, 2023
November 15, 2023
December 13, 2023
January 25, 2024
February 21, 2024
March 20, 2024
April 24, 2024
May 22, 2024
June 5, 2024**

1 PM to 2 PM only

Informal support program to encourage parents/guardians to connect with others who may have similar concerns and challenges with their children. Parents/guardians will have opportunities to address topics of interest or identify difficulties that they are encountering. Parents/ guardians are encouraged to be actively involved in discussion as they can offer a wealth of knowledge and expertise and can learn from on another!

Topic: Community Resources

**Date: October 11, 2023
1 PM to 2 PM only**

Learn how to access resources and which are appropriate for you and your family. Important contact information will be provided.

Topic: Zones of Regulation

**Date: November 8, 2023
1 PM to 2 PM only**

The Zones is a systematic, cognitive behavioral approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

Topic: Self-Harm/Suicide Prevention

**Date: December 7, 2023
1 PM to 2 PM only**

In the United States, tens of thousands of suicides occur every year. Additionally, there is an increasing incidence of self-cutting behaviors among teens. As parents, you are an integral part of identifying risk factors in children and teens and assisting them in getting help when needed. At this session, you will learn about who is at risk, what signs to look for, and where to go for help. We will also discuss how to talk to your kids about suicide and self-harming thoughts and behaviors.

Topic: Behavior Model

**Date: January 10, 2024
1 PM to 2 PM only**

Informal support program to encourage parents/guardians to connect with others who may have similar concerns and challenges with their children. Parents/guardians will have opportunities to address topics of interest or identify difficulties that they are encountering. Parents/ guardians are encouraged to be actively involved in discussion as they can offer a wealth of knowledge and expertise and can learn from one another!

Topic: Community Resources and Crisis Management

**Date: February 8, 2024
1 PM to 2 PM only**

Please join us for a session devoted to learning about the resources available in your community. We will discuss where you can go for support, financial help, help with food and other necessities. Additionally, we will discuss the most effective crisis management techniques to use when your child is struggling. We will discuss which agencies you can turn to when you believe a situation in your home might be turning into a crisis. We will share tips for helping a person calm down when they are becoming out of control with aggression.

Topic: Mental Health Diagnosis

**Date: March 7, 2024
1 PM to 2 PM only**

Millions of Americans are affected by mental health conditions every year. We all experience emotional ups and downs from time to time caused by events in our lives. Mental health conditions go beyond these emotional reactions. A mental illness is a condition that affects a person's thinking, feeling and/or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis. Through this session, you will develop a better understanding of the symptoms and characteristics of varying degrees of mental health from Attention-Deficit/Hyperactivity Disorder (ADHD) to Schizophrenia and other psychotic disorders.

Topic: Anger and Self-Regulation

**Date: April 10, 2024
1 PM to 2 PM only**

In this session, parents will discuss anger and its triggers for both adults and youth. The various ways people respond to anger will also be discussed. Parents will learn strategies for responding to provoking circumstances as well as children who are demanding, disruptive, and defiant. Stress management and cool-down techniques will also be discussed.

Participants will learn techniques for their own self-care to more effectively handle the stress of parenting.

Topic: Alternative Types of Therapy

**Date: May 8, 2024
1 PM to 2 PM only**

There are many ways of conducting therapy with children, and the social workers at GPA utilize a variety of them. The traditional method of taking a child into an office and talking is only the beginning of what we do here. Along with movement therapy, yoga, relaxation, meditation, and any number of individualized methods used, the school offers Play Therapy, Lego Therapy, Equine Therapy and Sand Tray Therapy. During this PEP meeting, we will explain what these therapies consist of, what they look like, as well as how they can help your child.

Topic: Parent/Guardian Support Group (open topic)

**Dates: September 27, 2023
October 25, 2023
November 15, 2023
December 13, 2023
January 25, 2024
February 21, 2024
March 20, 2024
April 24, 2024
May 22, 2024
June 5, 2024**

1 PM to 2 PM only

Informal support program to encourage parents/guardians to connect with others who may have similar concerns and challenges with their children. Parents/guardians will have opportunities to address topics of interest or identify difficulties that they are encountering. Parents/ guardians are encouraged to be actively involved in discussion as they can offer a wealth of knowledge and expertise and can learn from on another!



Education... *for a Lifetime*

24 Glenolden Lane
Willingboro, NJ 08046

609-877-4111

FAX 609-877-5551

Website: www.garfieldparkacademy.org