

## About Us...

Berkeley County Schools Federal Programs Department has partnered with A Brighter Tomorrow Counseling Center, LLC, to offer these **FREE** Parent Education Workshops. We hope you will attend all or some of these sessions. A description of the sessions has been provided for you in this brochure. Each session will be held at Orchard View Intermediate School, 1455 Delmar Orchard Road, Martinsburg. Sessions are available for parents and/or caregivers of students in three separate programmatic levels - K-2/3; Intermediate 3,4,5; and Middle School 6,7,8. All session dates and times are listed in each programmatic description. Sessions will last 60 to 90 minutes. **THESE SESSIONS ARE FOR PARENTS AND CAREGIVERS ONLY. NO CHILDCARE WILL BE PROVIDED.**



## Contact Us

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Federal Programs Department  
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**BERKELEY COUNTY SCHOOLS  
FEDERAL PROGRAMS  
DEPARTMENT**

**PARENT EDUCATION  
WORKSHOPS**

### SESSION LOCATION:



**Orchard View Intermediate School  
1455 Delmar Orchard Road  
Martinsburg, WV 24303**

**K through 3rd Grade**  
**Presenter: Jonathan Skinner -**  
**Licensed Graduate Social Worker**

**Session 1: "What's Wrong With My Kid?"**

**Date: Tuesday, March 12, 2024**

**Time: 6:30 PM**

- Understanding better when your child is experiencing normal ups and downs in development, and when to seek professional help.
- Learn how to teach your child the critical skills they need to navigate this stage of life, whatever their development level.

**Session 2: "Why Do They Never Listen?"**

**Date: Tuesday, March 19, 2024**

**Time: 6:30 PM**

- Know which battles to fight with your kids and learn the skills you need to come out on top...or at least with a better plan for next time.

**Session 3: "What If They Get Hurt?"**

**Date: Tuesday, April 16, 2024**

**Time: 6:30 PM**

- Feel confident letting your child explore, struggle, and grow in their expanding social circle, and learn best practices for ensuring their safety in a dangerous world.

**Session 4: "Will They Talk About Me In Therapy?"**

**Date: Tuesday, May 7, 2024**

**Time: 6:30 PM**

- Learn the skills you need to build a lasting relationship with your child based on mutual respect, not co-dependency, and set your child up for success in their future relationships.

**Intermediate Grades 3/4/5 Grades**  
**Presenter: Natalie Souders, LICSW**

**Session 1: Empowering Student Access:  
Applying Cognitive Behavior Therapy**

**Date: Monday, March 11, 2024**

**Time: 6:30 PM**

- Explore the role of cognitive-behavioral strategies in promoting academic success and resilience among students.
- Discuss how CBT techniques can be adapted to address challenges such as test anxiety, procrastination, and perfectionism.
- Provide practical tools and interventions for fostering a growth mindset, managing stress, and enhancing study skills.
- Encourage parents to collaborate with educators to create a supportive environment that reinforces CBT principles, both at home and in the academic setting.

**Session 2: Effective Communication in Parenting: Strengthening Parent-Child Relationships**

**Date: Monday, March 25, 2024**

**Time: 6:30 PM**

- Explore the role of communication in parent-child relationships and how it impacts a child's emotional and behavioral development.
- Offer tips and techniques for effective communication, including active listening, setting clear expectations, and finding a balance between support and autonomy.

**Session 3: Building Resilient Families: Nurturing Emotional Well-Being in Children**

**Date: Monday, April 15, 2024**

**Time: 6:30 PM**

- Discuss the importance of emotional resilience in children and how parents can contribute to their child's emotional well-being.
- Provide practical strategies for fostering resilience, such as promoting open communication, teaching problem-solving skills, and encouraging a positive mindset.

**Session 4: Navigating The Digital Age: Parenting in a Screen-Centric World**

**Date: Monday, May 6, 2024**

**Time: 6:30 PM**

- Explore the challenges and opportunities presented by technology in parenting.
- Offer guidance on setting healthy screen time limits, promoting responsible online behavior, and maintaining a balance between digital and offline activities for children.

**Middle School 6/7/8 Grades**  
**Presenter: Patricia Andrews, LICSW**

**Session 1: Trust and Relationship Building**

**Date: Wednesday, March 13, 2024**

**Time: 6:30 PM**

- Enjoying the journey together on the road to self-determination

**Session 2: Introduction to Positive Behavior Support in the Home**

**Date: Wednesday, March 27, 2024**

**Time: 6:30 PM**

- Support trumps management every time; the power of effective motivation

**Session 3: Theory and Practice of Collaborative Problem-Solving**

**Date: Wednesday, April 17, 2024**

**Time: 6:30 PM**

- "Skill, not Will"; a paradigm shift for addressing challenging behaviors.

**Session 4: Effective Crises Intervention**

**Date: Wednesday, May 8, 2024**

**Time: 6:30 PM**

- What to do when their world falls apart or they do

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