

# Three Village CSD PARENT UNIVERSITY

Spring Series 2023

**\*DATE CHANGED\***



**JANUARY 31ST AT 6:30PM (VIRTUAL)**

## **Looking Towards the Future: Supporting Your Child Through Their Post Secondary Journey**

Your paragraph text

Accommodations in college, job opportunities, and services for students with a range of ability and need. This could be beneficial for students with an IEP, 504, or in need of medical accommodations in college. Recommended for parents of students grades PreK-12.

***Kelly Sullivan, Transition Coordinator, Three Village CSD***

**FEBRUARY 8th at 6:30pm (Virtual)**

## **Anxiety and School Avoidance Part II**

Practical skills and strategies for supporting your adolescent with school based anxiety. Recommended for parents of students PreK- 12th grade.

***Dr. Sagit Vishnia, Three Village Psychological Services***

**MARCH 7th at 6:30pm (Virtual)**

## **The Car Ride Home: How to Support Your Student Athlete in the Classroom, On the Field, and Beyond**

How to support your student athlete by sharing tangible strategies for addressing issues such as self-care, time management, warning signs of mental health struggles, the pressure to win and more. Ms. Jantzen's years of working with high school students and coaching at the varsity level coupled with her experience as an endurance athlete helped her create this workshop for parents. Recommended for parents of students grades 7-12.

***Leah Jantzen, WMHS School Counselor, Mental Health and Performance Coach***

**APRIL 19th at 6:00pm (In person)**

## **Get Wise & Learn to Socialize: A Parent's Guide to Social Media**

Join Three Village Technology Coaches to discover appropriate, fun uses of popular social media platforms for pre-teens and teens. As role models, students will be present to demonstrate specific ways that social media can be used effectively for relieving stress, pursuing an interest, communicating with peers and interacting with family. Educational Technology Coaches, Social Workers and Psychologists will be on hand to model proper use of parental controls and effective strategies for monitoring devices. Recommended for parents of students PreK- 8th grade.

**REGISTER: <https://forms.gle/oGniZhRGZGb6SB1y6>**

For further information please email Dr. Alison Herrschaft  
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