



# Virtual Community Connection with ParentCorps

Connect From Home with Other Pre-k Families

## Coming Soon!

### Parenting Through a Pandemic



We invite you to connect with other parents and families online weekly in this supportive space and learn ways to help our children grow healthy and strong.



The Parenting Program introduces evidence-based and culturally affirming parenting practices that support a safe, nurturing and predictable home environment, so that our children can thrive in pre-K and beyond!

#### What are the topics for each session?

- ▶ **Session 1** : Finding Predictability When Things Are Unpredictable
- ▶ **Session 2** : Finding Predictability in How We Talk About Emotions
- ▶ **Session 3** : Caring for Ourselves through Grief and Loss
- ▶ **Session 4** : How Play Can Support Children Coping with Grief & Loss

**Start Date:** 12/7, 12/10, 12/14, & 12/17 at 3:00pm-4:30pm

**Link for the meeting call:** <https://sfish.zoom.us/j/5080934921?pwd=V0FGL0JsVCt6VGd4Mjd5MGxsN1RRZz09&from=addon>

**Meeting ID:** 508 093 4921

**Phone Number:** +1 312 626 6799



# Frequently Asked Questions

➤ **What is the goal of Parenting through a Pandemic: ParentCorps Group for Pre-K families?**

To provide a space for connection, community building, and support during this COVID-19 pandemic. Come meet other parents in your community and share ideas about how to help children succeed in school and grow up healthy and strong.

➤ **How long does each session last?**

ParentCorps Group virtual sessions are 90 minutes long and occur once a week for 4 weeks.

➤ **How do I join?**

You will receive information on how to join the program online using a link or calling in by phone. Feel free to turn on/off your camera and engage how you feel comfortable.

➤ **What if school is closed?**

If school is closed for a holiday or snow day, ParentCorps is canceled and you will continue the following week.

➤ **What are Parenting through a Pandemic Program sessions like?**

We will focus on a different topic in the context of the pandemic every week. Each session will begin with a connection activity, then sharing about experiences with one another, followed by a discussion on different parenting strategies/techniques.

➤ **What are the topics for each session?**

**Session 1:** *Finding Predictability When Things Are Unpredictable*

**Session 2:** *Finding Predictability in How We Talk About Emotions*

**Session 3:** *Caring for Ourselves through Grief and Loss*

**Session 4:** *How Play Can Support Children Coping with Grief & Loss*

➤ **Why should I join?**

By joining Parenting through a Pandemic, you will connect with other caregivers, share challenges and/or successes you are having with your children, receive mutual support and may even learn some new parenting ideas

➤ **Who can join?**

We welcome parent(s) or guardians (any adult who supports you as a caregiver) of Pre-K children to join the ParentCorps Group. If possible, we suggest the same family member(s) join each week because it is a short series (only 4 sessions)

➤ **What happens if I decide not to join the ParentCorps Group?**

Participation is voluntary. Leaving the program at any time will not change any school services you receive.

➤ **What happens if I cannot attend every session?**

Come when you can! Join us for 1, 2,3, or all sessions. Even if you have to be late or leave early, we welcome you fully.

