



# Thursday, February 25th

## Garden City High School

Workshop Check-In: Cafeteria*	6:15 - 6:50 pm
Session I	7:00 - 8:00 pm
Session II	8:15 - 9:15 pm

\*If checking in children for child care, please allow more time for the check-in process.  
Light refreshments will be available in the cafeteria for workshop participants.

## Registration Information

Registration is **ONLINE ONLY** February 2nd - 9th  
at [www.gardencitypu.com](http://www.gardencitypu.com)

Child care will be available for children ages 4 to 12.  
All children must be pre-registered for child care in advance - **no exceptions**.

Workshop descriptions are included on pages 2-5.  
Please select **two choices** for **each session** you would like to attend.  
You will be scheduled for just one workshop per session.  
You will receive your workshop selection & classroom location upon check-in.

Garden City Parent University is a free community event.  
If you register, please be courteous and make every effort to attend.  
Let us know if your plans change.

**Got Questions?**  
**Contact a GCPU Member:**  
[info@gardencitypu.com](mailto:info@gardencitypu.com)

# Workshop Descriptions

**Session I: 7:00 - 8:00 PM**

**Session II: 8:15 - 9:15 PM**

**Workshops offered  
in both Sessions I & II**

**Grade Level  
Target Audience**

## ***Learn To Talk So Kids Will Listen & Listen So Kids Will Talk***

**K-12**

***Back by Popular Demand*** This workshop focuses on the power of positive listening, verbal, and nonverbal communication. Caregivers will learn to speak as well as respond in a way that promotes mutually respectful, open dialogue with their kids and teens. By gaining perspective, empathy and clear understanding, we can naturally develop the skills necessary to prevent conflicts, reduce frustration and create deeper, more meaningful connections within families. *Space in this workshop is limited and will be filled on a first come, first serve basis.* Presenter **Erika Stroh, MA.**

## ***Managing Homework STRESS***

**K-12**

***New Workshop*** Is homework stressing you or your student out? This workshop will look at the challenges that students and caregivers face in managing homework and schoolwork. Learn how other factors like ADHD and Executive Functioning deficits can further impact a student's motivation, retention and self-confidence. This workshop will provide strategies to help **all** students develop effective time management and organization techniques. Participants will also learn ways to confront issues involving motivation, independence, and work ethic. Reduce the daily stress of homework battles and bring calm and order to your kitchen table. Presenter **Cindy Goldrich, ED. M, PTS COACHING.**

## ***Mindfulness - Awareness, Peace, Positive Change***

**K-12**

***New Workshop*** This workshop will give participants hands-on strategies intended to integrate mindfulness into their busy, and perhaps, stressful lives. Mindfulness is a growing movement that encourages people to take a minute to note whatever is happening in the present moment with a gentle, open mind. Benefits include lowered stress, increased resilience to meet demands with ease, more clarity to solve problems, increased patience, effectiveness and happiness. Participants will learn: techniques to alchemize stress into peace in under 60 seconds; the power of shifting from living life by default to living a life by conscious design; and how to question reality to break through limiting thoughts, doubts, beliefs and mindsets. Tap into the power of mindfulness, to help unveil innate peace, wholeness, and wisdom! Presenter **Amy Elias, MS.**

## ***Management of Concussions in Youth: In School and Out of School***

**K-12**

***New Workshop*** This workshop is designed to raise awareness and help caregivers recognize and receive proper care for a concussed child. This workshop will emphasize the "return-to-learn" and "return-to-play" protocols. Participants will have a better understanding of the effects concussions have on both the individual and their families. *Space in this workshop is limited and will be filled on a first come, first serve basis.* Presenters **Dr. Rupinder Johal, MD,** Primary Care Sports Medicine, Winthrop University Hospital and **Chris Napoli, MS, ATC,** GCHS's Athletic Trainer.

## ***#InstaParenting: Instagram Beginner Course for ALL***

**K-12**

***New Workshop*** Instagram is currently one of the top social media platforms for children ages 7-18. This is a hands-on workshop designed to give participants an understanding of how to use Instagram both for themselves and together with their families. This workshop will also teach participants how to monitor their child's activity on Instagram to make sure they are safely using the application. Presented by **Maria Zografos, JD,** CEO of Milo Gift Shop & Modern Social Mom.

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## ***Math Comes Alive 2***

**K-3**

***Back by Popular Demand*** Our **Locust and Stratford teachers** will provide participants an opportunity to experience hands-on math tasks through a series of math stations designed to help children master math vocabulary and fluency. Participants will leave this workshop with the skills to make math relevant and fun at home.

## ***Everyone is a Musician: Strategies to Foster Child Development Through Musical Play***

**K-5**

***New Workshop*** Each child is unique in the way they learn and play. This presentation will provide tips and techniques to support social-emotional development through musical-play. Vignettes of musical experiences will be used to highlight how to engage your child through music. Presenter **Jill Mulholland, MS, LCAT, MT-BC, The Rebecca Center For Music Therapy at Molloy College.**

## ***Rude, Mean, or Bullying? Define the Difference & Learn to Navigate***

**K-8**

***New Workshop*** Participants in this workshop will learn to differentiate between normal, age-appropriate conflict versus bullying. Participants will learn how best to respond, act and cope when conflicts arise. This workshop will explore strategies to help children negotiate complicated social scenarios and resolve conflicts in an effective manner. Presenter **Renee Haber, MS, LMSW, Parent Facilitator, CAPS LI.**

## ***Book Love: Titles, Tips and Tools to Ignite a Passion for Reading***

**2-5**

***Back by Popular Demand*** In this workshop, we will explore engaging, new, "must have" titles that support reading and writing as well as digital tools for home-school connections. Come share tips to celebrate reading, and parents as PARTners in all students' literacy and learning lives. This is an interactive workshop presented by **JoEllen McCarthy**, a literacy consultant, staff developer and proud Nerdy Book Club Member, who spreads book love and an enthusiasm for learning for students.

## ***What You Need to Know about Those Smart Devices***

**3-8**

***Back by Popular Demand*** This workshop will highlight best practices when allowing children on the internet and when using social media. Using some of the most common operating systems for computers and mobile devices, we'll look at parental controls to block specific content for specific users. We will review the most popular social media sites and apps to examine their purpose and unintentional dangers or threats. Presenter **Kevin Pollitt**, Technology Specialist Stratford School, President of the Garden City Teachers Association.

## ***The Google Classroom***

**4-12**

***New Workshop*** This workshop will introduce participants to the Google Apps for Education and Google Classroom currently being used in grades 4-12. Participants will learn how the world of Google is being integrated into the classroom and how to help students navigate at home. Participants will also learn how to use Google Docs, Forms, and other Google applications for their personal needs. Presenter **Lauren Maguire**, Technology Staff Developer, Garden City Public Schools. *Space in this workshop is limited and will be filled on a first come, first serve basis.*

## ***Power of Parents***

**5-8**

***Back by Popular Demand*** The goal of this workshop is to empower caregivers to talk with their tweens and teens about alcohol and reduce underage drinking. Participants will receive a copy of the newly updated Power of Parents Handbook designed to equip caregivers with the facts and tools to more effectively engage in conversation and keep their families safe. Presenter **Jani Majewski**, Certified Parent Facilitator, Mothers Against Drunk Driving.

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***Executive Function Tips, Tools and Strategies for the Disorganized Student*** **6-12**  
***Back by Popular Demand*** Executive Functions are the critical cognitive skills that are a strong predictor of academic success. When executive functioning is weak, students often feel overwhelmed, struggle to stay on top of responsibilities and have difficulty managing schoolwork and daily life. This workshop will provide tips, tools and strategies for the middle and high school student who has difficulty staying organized, managing time, planning, setting goals and priorities, getting started, staying on track, remembering what needs to be done and completing tasks. Presenter **Marjorie Harrison, M.A./ Ed.M., PTS COACHING.**

***Are Our Students Stressed or Depressed?*** **6-12**  
***New Workshop*** Adolescence is a time of dramatic change in a young person's life. This workshop will explore and discuss the differences between typical adolescent behavior versus actual warning signs of depression and/or anxiety. Real life situations and documented studies will aid the discussion. This workshop is an opportunity to enhance your skills when interacting with your adolescent in the ever-changing, stressful world they live in. Presenter **Laura Campell, Community Educator, Long Island Crisis Center.**

***What's Going On In That Teenage Brain?*** **6-12**  
***New Workshop*** Adolescence is a time of incredible growth and change in the brain. Learning about these changes can help caregivers better understand their teen's behavior. Participants will learn how best to communicate and guide their teenager through this turbulent time. Presenter **Dr. Caryl Oris, MD, Child and Adolescent Psychiatry.**

***Strength and Conditioning in the Youth Population*** **6-12**  
***New Workshop*** This workshop will give participants strategies and ideas to help implement a strength and training program for your child at home. Participants will learn common exercises and their form, as well as how to correct flaws in lifting techniques. This program will include a live demonstration. Presenter **Cole Buschmann, ATC, CSCS, Winthrop University Hospital Sports Medicine Program.**

***Surprising STEM Career Opportunities for ALL Students*** **6-12**  
***New Workshop*** This workshop will blow the lid off the misconceptions about careers in Science, Technology, Engineering and Mathematics (STEM) and unravel the mystery of what these careers have to offer. Whether your student is a superstar athlete, gifted artist, or just a regular kid trying to figure out his or her future, **all** can learn and grow through exposure to STEM experiences. You never know what will light the light bulb! See why STEM may surprise you! Presenter **Dr. Ann Marie Flynn, Department Head of Chemical Engineering at Manhattan College.**

***Recognizing the Warning Signs of Unhealthy Relationships*** **9-12**  
***New Workshop*** This workshop is designed to help caregivers identify and understand the patterns of abusive relationships that may be happening in lives of the young people around them and what they can do to help. Participants will view a screening of *Escalation*, an award-winning film, that follows an abusive relationship from its early stages to its tragic ending. After the screening, there will be a discussion period facilitated by a representative from the **One Love Foundation**. One Love was founded in 2010 after Yeardeley Love was killed by her ex-boyfriend a few weeks before her graduation from the University of Virginia. *Space in this workshop is limited and will be filled on a first come, first serve basis.*



Parent University is a free community event for all residents organized and sponsored by the following organizations:

Garden City Community Coalition  
Garden City Friends of Music  
Garden City Friends of STEM  
Garden City Public Schools  
Garden City PTA  
Garden City SEPTA  
Garden City Teachers' Association  
The Men's Association of Garden City

A special thank you to the Garden City Public Schools' Administration and the Board of Education for their generous support of this event and the use of the High School.