



Virtual Parent Workshops Series

Zoom Meeting ID: 961 7045 7393

Passcode: 055739

Presenter: Yasmin Hernandez
Community Health Educator/Community Relations
Anthem Blue Cross Blue Shield

December 9, 2025 at 3:00 PM “Stress Management”

This workshop will provide parents with effective strategies to manage stress and maintain a balanced lifestyle, benefiting both themselves and their families.

January 13, 2026 at 3:00 PM “Conflict Resolution”

Learn how to navigate and resolve conflicts within the family setting. This session will equip parents with tools to foster a peaceful home environment through effective communication and problem-solving techniques.

February 10, 2026 at 3:00 PM “Cyberbullying”

Gain insights into the world of cyberbullying and how it impacts children. Discover ways to identify, prevent, and address cyberbullying to ensure your child's online safety and well-being.

March 10, 2026 at 3:00 PM “Helping Your Child Stay Healthy”

This session focuses on promoting healthy habits for children. Learn about nutrition, exercise, and mental health practices that can help your child thrive physically and emotionally.

Join these workshops to enhance your parenting skills and support your child's development effectively! Spanish interpretation available.

Sarah Howard, Parent Coordinator
718-480-2840 extension 1293
347-902-6015
slafleurhoward@schools.nyc.gov