

Empowerment TRAINING CENTER

Parent University is a community collaborative led by Stanford Sierra Youth and Families Empowerment Training Center to empower parents to become full partners in their children's lives. We partner with community agencies, peer specialists, and partnered organizations to offer courses, activities that will equip families with new or additional skills, knowledge, resources, and confidence as a parent. Below are a list of training topics that can be delivered to your school in person, or in a virtual setting. If there is an interest in a topic or area that is not highlighted below, please reach out to Erin Reynolds at ereynolds@ssyaf.org to inquire about further learning opportunities.

Parent University Training Menu

Safety in School (1.5 Hours) 2 Trainers

- This workshop will be geared towards teaching safety protocols that could be helpful in the school setting to build knowledge for parents and caregivers on how to reinforce safety precautions in times of crisis or emergency in the school setting. With School shootings at an all-time high, resources of protective backpacks, and additional courses will be provided.

Gender Identity (1.5 Hours) 2 Trainers

- This workshop will discuss the intricacies of gender identity and how to build our knowledge and language to be affirming and inclusive of all people. Attendee will be provided resources that can access for further learning and support LGBTQ Centers, Gender Health Centers, and trans kids support groups.

Advocating for Your Child + Parental Rights (1.5 Hours) 2 Trainers

- This workshop will provide tools to all parents who may feel they need to learn more efficient ways to advocate for their child as well as build knowledge on their rights as a parent or caregiver.

Advocating with IEP (1.5 Hours) 2 Trainers

- This workshop will be geared towards empowering parents who have a child with an IEP. Learning parental rights as well as what accommodations can be asked for and how to address concerns will be covered. Attendees will be provided additional resources.

Crisis Intervention for Caregivers (1.5 Hours) 2 Trainers

- This workshop is geared towards teaching caregivers the steps of crisis intervention in order to deescalate emergencies in the home.

Time Management in the Home (1.5 Hours) 2 Trainers

- This dual workshop can serve parents as an educational tool to help all parents use their time efficiently in order to accomplish goals, stay on task, and be resourceful. Over time the goal would be to provide a stable and fulfilling home life for the entire family utilizing knowledge gained in this workshop.

Get to Know Your School (1.5 Hours) 2 Trainers

- This workshop is geared towards teaching parents fundamental and in depth skills in order for them to become a pro at navigating the school system with full understanding of how to access resources your school offers, and exploring extracurricular activities.

Parent University Training Menu Cont.

Supporting Your Kiddo with School Transitions (1.5 Hours) 2 Trainers

- This workshop is going to provide parents with practical ways to help children transition from major educational milestones in order to better support their academic journey as they move from elementary to middle school, and middle to high school. This will also highlight developmental considerations when creating and implementing a new transition in your child's life.

Daily Transitions (1 Hour) 2 Trainers

- This workshop will touch on strategies that can be implemented in order to help children who struggle to transition from one activity to the next on a day to day basis. This will also highlight developmental considerations when creating and implementing new transition in your child's life.

Supporting Children with Intellectual or Developmental Disabilities (1 Hours) 2 Trainers

- This workshop is geared towards teaching the steps of how to get children who may be qualified to become a part of Alta regional in order to access more resources that fit their educational needs.

Physical, Emotional, and Mental Health Balance (1.5 Hours) 2 Trainers

- This workshop will guide parents with navigating balancing different areas of health related to doctor visits, dental check-ups, maintaining an emotionally safe space within the home, and therapy.

Balancing School Activities and Home Life (1.5 Hours) 2 Trainers

- This workshop will highlight different considerations and suggestions when balancing extracurricular activities with your child.

Strengthening Parental Voice and Choice in the School Setting (1.5 Hours) 2 Trainers

- This workshop is geared towards providing parents with communication methods and advocacy within the school setting in order to be a strong advocate for their child and for their family.

Value of Structure (1.5 Hours) 2 Trainers

- This workshop will be geared towards parents who are interested in learning a variety of ways to create structure for their families based on their individual needs. The goal is for parents to leave knowing why structure is important for their children and how to provide it in a practical way that feels productive and supportive within their own family systems.

Developmental Stages (1.5 Hours) 2 Trainers

- This workshop will discuss all developmental stages from 1-18 years old in efforts to supply parents with an understanding of what stages their children might be in. The goal to provide parents with data that allows for them to not only build a deeper understanding about their children but learn effective ways to support these developmental stages.

Sexual Health Education (1.5 Hours) 2 Trainers

- This workshop will be for parents who want to build skills around supporting their child around safe sexual health that is age appropriate. This will be a safe and honest space for caregivers to ask questions, and build knowledge around becoming a safe space for their child to go to regarding their sexual health.

Social Media Management & Boundaries (1 Hour) 2 Trainers

- This workshop is geared towards teaching parents how to properly monitor their children's social media access and information on appropriate usage based on that child's age group.

Parent University Training Menu Cont.

Value of Sleep and Rest (1 Hour) 2 Trainers

- In this workshop the value of sleep and how it's interconnected to our overall performance will be discussed. We will also explore different ways to ensure that quality can be accessed. (Essential oils, dark room, calming music, etc.).

Healthy Teen Relationships (1 Hour) 2 Trainers

- This workshop will be geared towards providing an understanding to parents about how the dynamic of their relationship with their teens may change.

Addressing Bullying (1.5 Hours) 2 Trainers

- This workshop is geared towards families who could benefit from understanding the different types of bullying that occurs (Cyberbullying, etc.), how to notice it (signs and effects), report it (school staff and law enforcement), and how to support your child in the event that they experience bullying.

Financial Literacy (1.5 Hours) 2 Trainers

- This workshop will utilize materials from Wells Fargo Hands on Banking Curriculum to coach parent on creative and fun ways to talk to your kids about healthy money habits.

About Us

Stanford Sierra Youth & Families' Empowerment Training Center provides support and professional development opportunities to employees, volunteers, schools, families, and consumers within the Public Mental Health Services community, as they provide peer-to-peer support to others. The Center's training programs include wellness and resiliency principles, instill hope, encourage self leadership techniques, and are culturally competent. The Training Center utilizes the principles of Family Centered Practices.

What We Do

The Empowerment Training Center's purpose is to provide innovative learning opportunities that emphasize a multitude of learning objectives for individuals seeking professional development and growth opportunities.