



District 26 and CDEC 26

Summer 2019 Parent Workshops

At MS 74

(61-15 Oceania Street, Bayside)

Drawing and Painting with Kitty Azhar

Tuesdays, July 16th, 23rd, and 30th

9:15 AM in room 128

Explore your creative side as we work with multiple media.

Yoga with Irene Failenbogen

Thursdays, July 18th, 25th, and August 1st

9:15 AM on the front lawn

Increase flexibility, strength, and balance as we breathe our way to relaxation.

Cultivating Empathy

with District 26 Thrive NYC Mental Health Consultants

Wednesday, July 17th at 9:15 AM in room 128

Parenting strategies to grow empathy and support your child's social and emotional well-being.

Positive Discipline

with District 26 Thrive NYC Mental Health Consultants

Wednesday, July 24th at 9:15 AM in room 128

Parenting strategies to help you stand your ground and keep your cool.

Task Management

with District 26 Thrive NYC Mental Health Consultants

Wednesday, July 31st at 9:15 AM in room 128

Parenting strategies to help your child manage responsibilities and stay on task.

REGISTRATION IS NECESSARY TO ENSURE ADEQUATE SPACE FOR ALL.

To register and for more information please contact the District 26 Family Coordinators.

Kim D'Angelo at 718.631.6905 or kdangelo4@schools.nyc.gov

Wendy Mo at 718.631.6966 or wmo@schools.nyc.gov

To find out about other District 26 events visit the *Family Engagement* page at www.district26.org.