

# 2023- 2024 Parent Workshops

Presented by Parent Educator and Engagement Specialist Lisa Umeda

Raising children can be challenging, but you are not alone. No relationship is more important for a child's development than the one they have with their parents. Join us and participate in a learning experience designed to help you grow your skills as a parent or caregiver.

Each workshop can help you with strategies and advisement specific to you and your child's needs. Although each workshop is connected and will build off the last, you can attend workshops individually.

This series is open to all our Little Owl parents as well as our local community.

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**All workshops are held in the Event Center and virtual from 9am- 11am  
(link will be sent to participants prior to workshop)**

## 2023

- **October 6:** Bringing LO Home: Food, Nutrition, Sustainability and Curriculum
- **November 3:** Creating Routines and managing transitions
- **December 1:** Conflict Resolution: Learning how to navigate friendships

## 2024

- **January 12:** After Little Owl: How do you choose the right school for your family?
- **February 2:** Favorite Foods of Little Owl
- **March 1:** Your child's emerging independence: testing boundaries, expressing themselves in new ways
- **April 12:** Where did they get this from? Becoming aware of how media and iterations with adults and peers influence children's behavior
- **May 3:** Parenting is an ordeal: Reflecting on our parenting experience



**Community parents:  
\$20 person/workshop  
or \$15 person/workshop if attending all**

Preferred method of payment is by **PayPal**;  
credit card or check also accepted.

It is the policy of Little Owl that classes are paid in full before the start of the session and are not prorated if classes are missed or if you withdraw.

# Parent Workshops Registration Form

Community parents:

\$20 person/workshop or \$15 person/workshop if attending all

- Each attendee must fill out a registration form
- All sections must be completed
- Print legably
- Payment must be received for attendee to be registered

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Check workshop(s) and how you will attend. V= virtual and IP= In-person

V or IP

October 6, 2023

November 3, 2023

December 1, 2023

January 12, 2024

V or IP

February 2, 2024

March 1, 2024

April 12, 2024

May 3, 2024

Community parents: \$20 person/workshop or \$15 person/workshop if attending all

\_\_\_\_\_ # of workshops attending

\_\_\_\_\_ cost per workshop

**TOTAL:** \_\_\_\_\_

Preferred method of payment is by **PayPal**; credit card or check also accepted.



**Credit Card**

Name on Card: \_\_\_\_\_

Card No.: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

**NOTE:** All fees are non-refundable.

**Submit form to:** [littleowl@littleowlschool.org](mailto:littleowl@littleowlschool.org) **OR**

mail to: Little Owl School 3426 Linden Ave. Long Beach, CA 90807

**Questions?** call 562.786.5333 or email [littleowl@littleowlschool.org](mailto:littleowl@littleowlschool.org)