

Support and Strategies Workshop Series for UW Students & Staff who are Parents/Guardians/Caregivers

(especially relevant for parents who have kids at home more than usual due to the Pandemic and/or remote school)



Time: 3:00-4:00pm

Dates: Thursdays, 10/15, 10/29, 11/12, 12/3

Topics include:

10/15 - Impact of pandemic & impact of intersecting identities on balancing school and parenting

10/29 - Self-care, prioritizing values, and finding time for joy and play despite sometimes overwhelming schedules & demands

11/12 - Strengths – Coping & balancing tips to share? What do you love about yourself and your kids/family? What values are you modeling and teaching to your children and to others?

12/3 - Incorporating mindfulness into busy schedules and practicing it with your kids

*(*Other topics also may come up as we discuss, and some of the topics above may come up in more than one of the workshops.)*

Other Info:

* Workshops are discussion based and will include strategies, validation, and time to share experiences and gain support and ideas from each other

* Children can be present. You know your kids best, so just keep in mind how what they hear you or others say about being a parent/guardian/caregiver may be perceived by them.

* You are encouraged to turn your camera on so participants can discuss and connect, but that is optional, and you are welcome to have the camera on or off while breastfeeding or otherwise caring for kids.

* Please attend as many workshop dates as possible, but there is no attendance requirement.

Facilitated by: Amy Collins, Counseling Center Psychologist and Mom to a home/grandparent-schooled preschooler and a remote learning kindergartener

TO SIGN UP: E-mail me (Amy) at amyc26@uw.edu and include whether you are a UW student or staff member and what dates you plan to attend. I will then reply with the Zoom link.

