

CAN-HOPE FAMILY WORKSHOP TOPICS

Prepared by
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Family Advocacy & Educational Partnerships

Workshop Topics:

Finding Your Voice: Supporting Families as Educational Advocates

What is it?

Finding Your Voice helps families build the knowledge and confidence to participate actively in their child's education. Families explore their role as educational partners and learn practical ways to communicate with educators, prepare for meetings, ask questions, express concerns, and participate meaningfully in decisions that affect their child.

Why does it matter?

Families bring valuable knowledge about their children, but navigating educational systems, meetings, terminology, and decision-making can sometimes feel overwhelming. When families understand their role and feel confident using their voice, they are better prepared to build collaborative relationships with educators and advocate for their child's learning, development, and individual needs.

How will this workshop help?

Families will explore practical strategies for preparing for school meetings and conferences, identifying questions and concerns, communicating effectively with educators, asking for clarification when information is unclear, documenting important information and decisions, and identifying appropriate sources of additional support. The workshop emphasizes informed participation, respectful communication, and strong family-school partnerships.

Parenting & Child Development

Workshop Topics:

Positive Parenting • Understanding Child Development • Supporting Children's Social & Emotional Development • Learning Through Play at Home • School Readiness & Transitions

What is it?

Parenting and child development workshops help families better understand how children grow, learn, communicate, develop relationships, and build skills through everyday experiences.

Why does it matter?

Understanding child development can help families establish realistic expectations, recognize children's strengths and emerging needs, and make informed decisions about how to support learning and development at home.

How will these workshops help?

Families will explore practical, developmentally appropriate strategies for supporting children's learning, behavior, social-emotional development, play, growing independence, and transitions. Workshop content can be tailored to the ages of the children and the specific needs of participating families.

Family Relationships & Emotional Wellness

Workshop Topics:

Effective Family Communication • Stress Management • Family Emotional Wellness • Building Healthy Family Relationships • Trauma-Informed Family Support

What is it?

Family relationships and emotional wellness workshops focus on strengthening communication, relationships, emotional well-being, and supportive connections within families.

Why does it matter?

Family relationships and emotional well-being can influence how adults and children communicate, respond to stress, manage emotions, and navigate everyday challenges together.

How will these workshops help?

Families will explore practical strategies for strengthening communication, managing stress, supporting emotional wellness, building healthy relationships, and creating supportive family environments. Workshop content can be tailored to the needs and experiences of participating families.

Healthy Families & Everyday Living

Workshop Topics:

Health & Nutrition • Healthy Family Routines • Financial Wellness & Budgeting • Family Arts, Creativity & Connection

What is it?

Healthy families and everyday living workshops focus on practical areas of family life that support well-being, stability, healthy routines, and positive experiences together.

Why does it matter?

Everyday routines, health practices, financial decisions, and opportunities for family connection can influence the overall well-being of children and adults.

How will these workshops help?

Families will explore practical information, strategies, and resources that can support healthier routines, informed decision-making, family well-being, and meaningful connections. Workshops are facilitated by professionals with expertise relevant to the selected topic.

Don't see the topic your program needs?

CAN-HOPE Family Workshops can be customized based on the needs and interests of families, schools, early childhood programs, and community organizations. Workshops are facilitated by Dr. Hope T. Cannady and/or qualified professional partners with expertise relevant to each topic.

Contact Information

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