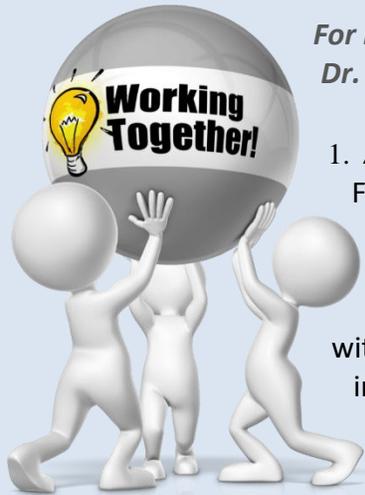


Programs for Parents/Guardians (synchronous online)

While sheltering in place many parents and guardians are looking for stimulating activities to help them in their parenting roles. We have had an increasing demand from school districts to provide live, synchronous parent/guardian programs via Zoom (or if your district uses a different synchronous training software (Microsoft Teams, Google Meet Up etc.) we can use that as well.

Below is a list of parenting programs we offer via synchronous online software. Each presentation is 60 to 75 minutes in length followed by a questions and answer session.



For more information please email (wribas@associates.com) or call Dr. Bill Ribas at 781-551-9120.

1. **Anxiety and Social Emotional Learning in the ERA of COVID#19-** Families are going through one of the most challenging times as they try to navigate learning and working from home. These conditions put great stress on the family. In this workshop attendees will gain strategies and resources to help them cope with this new normal. Explanation and discussion about the increased importance of developing and strengthening social emotional skills in the home.
2. **Executive Functioning:** Implications for Special Education and General Education Students: This workshop will provide an overview of the importance of executive functioning skills and strategies you can use to support your child who may struggle with initiating and completing homework and projects.
3. **Social Emotional Learning in the Home-** Parents and guardians will learn strategies to foster self-management, self-awareness, social awareness, relationship skills and responsible decision making in their school age children.
4. **Impact of Social Media on Anxiety in Children and Adolescents-** Parents and guardians will learn about some of the most widely used social media platforms and their influence on children and adolescent levels of anxiety and depression.
5. **What is ADHD and ADD?** This workshop will provide an overview of ADD and ADHD and some strategies that parents/guardians might employ at home to help their child or adolescent with academic focus.
6. **Reaching Students on the Autism Spectrum-**This workshop will provide an overview of the autism spectrum. We will examine the history of the initial diagnosis and discover some of the most recent research and strategies that have been successful in helping students and their families navigate the challenges of this diagnosis.

Testimonials

"Good Morning Jane, Thank you for your time and effort with yesterday's online talk. I got a lot of uplifting sources of advice. There has been more stress in all of our lives and you truly put what the students, parents and instructors

are going through into perspective. The sources of online, Youtube, and media clips will come in handy and I will pass this along to friends and family. Thank you again!"

Jane Hardin's presentation on Social Emotional Learning in the Home, specifically in the midst of the COVID-19 pandemic, was exceptionally beneficial for our families, our teachers, and our administration. Jane approached the presentation with ease and professionalism, and was well-prepared to engage in the technological components of presenting in an online forum. Jane's research was current and relevant. We look forward to working with her in the near future.

Jamie Ribauda, Bay Path Regional VTHS



Jane Hardin is the Department Head for Special Education at Ribas Associate and Publications. She is the co- author of two books on Social-Emotional Learning that are endorsed on the Collaborative for Social Emotional Learning (CASEL) website: *Social Emotional Learning in the Home: A Practical Guide for Integrating and Developing Social-Emotional Skills into Your Parenting* **and** *Social-Emotional Learning in the Classroom: A Practical Guide for Integrating All SEL Skills into Your Instruction and Classroom Management*.

Jane began her career as a public school teacher teaching both general education and special education. During her time as a resource room teacher, her program was selected as an exemplary model by the National Council for Exceptional Children. Jane is a former member of the Simmons College (now University) Faculty, teaching courses and supervising and training student teachers and interns who are going into the field of special education. In addition, she has served as a consultant for a variety of school systems both locally and nationally and was a board member of the Massachusetts Council for Exceptional Children. She is also Vice Chair of the Massachusetts Architectural Access Board.

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