



# RAÍCES UNIDAS

PRESENTED BY: STEPHANIE SOSA AMFT157341

SUPERVISED BY: GILDA ESTEVEZ LMFT108094

## 10-WEEK PARENT WORKSHOP

A SAFE AND SUPPORTIVE SPACE WHERE PARENTS CAN:

- LEARN POSITIVE PARENTING STRATEGIES
- EXPLORE WAYS TO SUPPORT THEIR CHILDREN'S EMOTIONAL HEALTH
- STRENGTHEN FAMILY COMMUNICATION
- BUILD RESILIENCE AT HOME



## WORKSHOP TOPICS:

- UNDERSTANDING YOUR CHILDREN'S EMOTIONS
- PROMOTING FAMILY SELF-AWARENESS
- COPING STRATEGIES AT HOME
- BUILDING FAMILY SUPPORT AND RESILIENCE

### Dates

September 2025 - December 2025

Weekly Meetings

[https://zoom.us/j/99960059766?](https://zoom.us/j/99960059766?pwd=0QFIWFq0aBwZ93SbFfINOaf3TORclb.1)  
[pwd=0QFIWFq0aBwZ93SbFfINOaf3TORclb.1](https://zoom.us/j/99960059766?pwd=0QFIWFq0aBwZ93SbFfINOaf3TORclb.1)

Start Date:

**September 8, 2025**

## Contact Information

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