



St. Paul PSR/Day School Parenting Mini-Series

Greetings from the St. Paul PSR Office! This year we will be offering a free mini-series of 3 workshops during middle school PSR classes for parents of 6th, 7th, and 8th grade students. These sessions will include a guest speaker, question and answer sessions, and lots of freebies and helpful resource material. Dates for these sessions are: *October 20, January 19 and March 16*. What topics/themes would be most helpful to you? **Kindly return this sheet to the PSR Office by September 20th, your student's first class.** Thank you very much for your time!

Sessions will be offered according to your preferences. Once your responses are reviewed the topics for each session will be: posted on the parish website, www.stpaulcatholicchurch.org, listed in the parish bulletin, and sent home with your student. Remember to check one of the above methods of communication!

Please check any of the below topics that you, your spouse, or another parent friend might be interested in attending:

- _____ Holistic living and wellness for teens
- _____ Spirituality issues with young people
- _____ Emotional awareness & regulation
- _____ Self-acceptance/Identity development
- _____ Understanding gaming and internet addiction
- _____ Identifying substance use and abuse in students
- _____ Eating disorders/body image issues
- _____ Recognizing depression and suicidal ideation in students
- _____ Self-injurious behaviors
- _____ Grief and loss
- _____ Anger management
- _____ Cyberbullying
- _____ Anxiety and panic attacks
- _____ Stress management/relaxation techniques
- _____ How to live mindfully/Learning the art of being present
- _____ Building healthy relationships
- _____ Interpersonal communication skills
- _____ Adolescent development and culture
- _____ Spirituality and characteristics of the millennial generation
- _____ Helping youth transition to high school

_____ Helping youth transition to college
_____ Mental and behavioral health issues in students
_____ Mental illness/specific mental disorders (please list): _____
_____ Others: _____

Thank you for your time and information! We will do our best to meet your needs.