

7 Healthy Habits of Highly Effective Families- a workshop series.

When: On Fridays, May 10th, May 17th and May 24th from 8:45am-9:45am

Where: At PS244Q, The Active Learning Elementary School

Parent Coordinators from PS20, 22, 244 and IS 237 will be presenting a 3 series parent workshop on 7 Healthy Habits of Successful Families.

In this series of workshops we will be discussing how and why families should have family meetings, the importance of keeping promises, how to balance individual and family needs, and how to move from dependence to interdependence.

Please complete the tear off to indicate if you are attending and send the tear off back to your parent coordinator by Thursday, May 9th.

Families that attend all three workshops will be entered into a raffle to win \$30 target gift card and board games!

Breakfast and coffee will be provided on all three days.

Thank you and looking forward to seeing you.

Lizcano Monique, PS20

Coltelli Lilliana, PS22

Shirley Bryant, IS237

Lalita Kovvuri, PS244

Return to the parent coordinator by Thursday, May 9th.

I will be attending the workshops:

Name of the student: _____ **Class:** _____

Name of the parent/Guardian: _____ **Phone:** _____

7 個高效的**健康習慣**

家庭 - 系列 研討會

時間：週五，5 月 10 日，5 月 17 日和 5 月 24 日上午 8:45 至 9:45

地點：PS244Q, The Active Learning Elementary School

來自 PS20,22,244 和 IS 237 的家長協調員將參加連續三周的主題為 7 個高效的**健康習慣**的家長系列研討會。

在系列研討會中，我們將討論家庭應如何以及為何舉行家庭會議，保持承諾的重要性，如何平衡個人和家庭需求，以及如何從依賴轉向相互依賴和信任。

如果您有興趣參加，請填寫下面的回執，剪下並在 5 月 9 日星期四之前交回給您學校的家長協調員。

參加所有三個研討會的家長將有機會參加抽獎活動，贏取 30 美元的 target 禮品卡和棋盤遊戲！

所有三天的研討會都將提供早餐和咖啡。

感謝您，期待與您的會晤。

Lizcano Monique，PS20

Coltelli Lilliana，PS22

Shirley Bryant，IS237

Lalita Kovvuri，PS244

請在 5 月 9 日星期四之前填寫這份回執並交回給您孩子學校的家長協調員

我將參加研討會：

學生姓名：_____ 班級：_____

父母/監護人姓名：_____ 電話：_____