

Baltimore County Public School PARENT UNIVERSITY SCHEDULE OF EVENTS



Alateen Meetings

Event type: Online Support Group
Target audience: Young people (ages 9-19) whose lives have been affected by someone else's drinking.
Sponsored by: www.alateenmddc.com

Dates & Times	Registration
Sundays 7:00 pm	Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/85087852562?pwd=bVknN204U2F5_dnB0ckp4cEdsZmw3UT09 Meeting ID: 850 8785 2562 Passcode: 821502
Mondays 7:30 pm	Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/89755786747?pwd=eXcwbzZxVlptT_IJSelfkWXFRakFpUT09 Meeting ID: 897 5578 6747 Passcode: 717885
Thursdays 7:30 pm	Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/85710995221?pwd=SXdaZTNnMV_haa1RvbXBadkRWMlpUUT09 Meeting ID: 857 1099 5221 Passcode: 939018
Saturdays 11:00 am	Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/85296323586?pwd=UTZJd0xrYm1r_Sm5DVnErTEpiUDBKQT09 Meeting ID: 852 9632 3586 Passcode: 240291

Aliza Brandywine Center (ABC) Program

Event type: Virtual Class
Target audience: Parents/Caregivers of children birth to 5 years old
Sponsored by: Aliza Brandywine Center

Description	Class Location	Dates & Times	Registration/
FREE School Readiness Program for children birth -5 years. A parent or caregiver participates with the child in each class session. The ABC program services families zoned for a Baltimore County Title I school. The program is currently operating under virtual instruction.	Campfield ELC Chadwick Elementary	TBD	Contact Kerry Furnari kfurnari@bcps.org
	Colgate ES Hawthorne ES Norwood ES Owing Mills ES Pleasant Plains ES	TBD	Contact Barbie Pohlman bpohlman@bcps.org

ESOL Family Liaison- Google Meets Office Hours

Event type: Virtual Support- Open House
Link: [ESOL Welcome Center](#)
Target audience: Parents/Caregivers
Sponsored by: BCPS ESOL Welcome Center

Description	Dates & Times	Links
Starting Monday, November 23 rd , ESOL Family School Liaisons will hold daily drop-in office hours for English learner families. These office hours are meant to provide families with a point person who can answer general questions about community resources and communications from BCPS. Specific academic inquiries will be directed to the appropriate ESOL teacher, DC, or school. The schedule is as follows below. The Google Meet (which is the same for each day), is ESOLFamilySupport .	Mondays 12:00 – 1:00 PM	Google Meets Use code ESOLFamilySupport
	Tuesdays 12:00 – 1:00 PM 6:00 – 7:00 PM	
	Wednesdays 12:00 – 1:00 PM	
	Thursdays 12:00 – 1:00 PM	
	Fridays 12:00 – 1:00 PM	

Family Literacy -English for Speakers of Other Languages

Event type: In- Person Registration
Target audience: Adults 18+
Sponsored by: Community College of Baltimore County

Description	Location	Date/Time	Building/Room
<p>The Family Literacy ESOL Program for non-native, English speaking parents is designed to help parents learn English language skills for life, work, and to help with their child's education. The student must have a child 0-16 years old living in the home and enrolled in a Baltimore County Public School, the Judy Center of Baltimore County or Baltimore County Head Start.</p> <p>*No class cost – grant funded. Student book and workbook are not included. Students must have unlimited internet access, a computer tablet with camera and microphone or smart phone. Classes will be held online in Zoom. Need to attend one testing session on a CCBC campus the last day of class.</p>	CCBC Catonsville	Wed, June 2 10:00 AM	HTEC, Room 035
	CCBC Owings Mills	Wed, June 2 6:00 PM	Room 411
	CCBC Essex	Tues, June 8 10:00 AM	HTEC, Room 002A
	CCBC Catonsville	Tues, June 8 6:00 PM	HTEC, Room 035
	CCBC Hunt Valley	Wed, June 9 10:00 AM	Room 120A
	CCBC Dundalk	Thurs, June 10 10:00 AM	MASH, Room 209
	CCBC Dundalk	Thurs, June 10 6:00 PM	MASH, Room 100

Jumpstart Your Mindfulness Journey with Jamar Peete!

Event type: Virtual Presentation
Target audience: BCPS families and students of all ages.
Sponsored by: Holistic Life Foundation & BCPS Office of School Social Work and MTSS

Description	Dates & Times	Registration
This session will guide students and families through a series of breathing, movement and mindfulness practices to reduce stress. BAM (Bridging Academics and the Mind) will also be featured through a brief tutorial.	Tues, May 11 th 6:30 – 7:30 PM	Registration

Maryland Coalition of Families

Event type: Virtual Support Groups
Target audience: Adults 18+
Sponsored by: [Maryland Coalition of Families](#)

Title	Description	Dates & Times
Healthy Minds Online Drop-In Book Club	Maryland Coalition of Families invites you to join other families and loved ones who care for someone with mental health, behavioral health or substance use challenges. We'll explore and discuss a thought-provoking book each month and share some relaxing time together. For more information and to receive the Zoom link, contact Augustine Cook at 443-504-4509	Fourth Tuesday of each month 2:30 – 4:00 PM
Parent/Caregiver Support Groups	MCF staff members facilitate online support groups and family activities across the state. Click Here for more information.	Various

NAMI- Online Classes & Support Groups

Event type: Online Class
Link: NAMIBaltimore.org
Target audience: Adults 18+
Sponsored by: National Alliance on Mental Illness

Title	Description	Dates & Times	Registration
NAMI Family-to-Family	NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people living with a mental health condition. It is a designated evidence-based program that includes presentations, discussion and interactive exercises. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family provides critical information and strategies for taking care of the person you love.	Saturdays March 13 th – May 1 st 2:00 – 4:00 pm	To register for the class, click here or please contact our HelpLine at (410) 435-2600 or email info@namibaltimore.org .
NAMI Basics	NAMI Basics is a free, 6-session education program for parents and family caregivers of children and teens who are experiencing mental health issues. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care. This peer-led program provides critical strategies for taking care of your child and learning the ropes of recovery.	Space is limited and advanced registration is required. To join our interest list for an upcoming class, please contact our HelpLine at (410) 435-2600 or email info@namibaltimore.org .	

Need Help to Quit Smoking?

Event type: Online & Phone Support
Target audience: Adults 21+

Sponsored by: Baltimore County Department of Health

Title	Description	Dates & Times	Registration
Phone Counseling	<p>FREE Phone Counseling to all Baltimore County residents. Participants may be eligible for FREE quit smoking nicotine replacement products.</p> <p>English: 443-324-6417 Spanish: 443-257-8384</p>	8:30 AM - 4:30 PM	None Required

Special Education Resource Center- Workshops & Resources

Description: Free workshops designed to address parent and caregiver needs to care for themselves, their family and their child.

Event type: Virtual Workshops

Target audience: Parents/caregivers of children with behavioral health issues.

Link: [SERC Website](#)

Title	Description	Dates & Times	Registration
Wellness: Make Time for YOU!	<p>You are invited to participate in a free Wellness Workshop led by Dr. Kay Holman. Come as you are and give yourself the gift of relaxation and rejuvenation. We will engage in some light mindful movement and meditation, reflection and relaxation, and discuss ways to incorporate mindfulness into our lives to benefit not only ourselves, but also those within our families and communities. Presented by Dr. Kay Holman, Speech Language Pathologist, Author and Associate Professor at Towson University in the Department of Special Education and a Breathe for Change Certified Social Emotional Learning and Mind-Body Wellness Facilitator</p>	Wed, April 28 7:00 – 8:30 PM	Registration
Behavior Management At Home	<p>Effective home behavior management strategies for use with elementary aged children and teens will be discussed. Emphasis will be on how to effectively improve your child’s behavior at home. Ways to increase cooperation, foster prosocial behavior and promote positive family interactions will be explored. Presented by Tana Hope, Ph.D. The Child and Family Therapy Clinic, Department of Behavioral Psychology at Kennedy Krieger Institute</p>	<p>Thurs, May 20th 7:00 – 8:00 PM</p> <p>Sat, May 22nd 11:00 AM – 12:00 PM</p>	<p>Thursday Registration</p> <p>Saturday Registration</p>

Building Connections and Social Opportunities	Connecting to others and belonging is one of the most important and innate behaviors in our lives. This is why when there is a barrier to socially connecting with others, it can have lasting repercussions on our self-confidence and happiness. Join Dr. Kay Holman to discuss strategies, resources, and the importance of acknowledging that social acceptance is the responsibility of everyone and not just students with disabilities. Presented by Dr. Kay Holman, Speech Language Pathologist, Author and Associate Professor at Towson University in the Department of Special Education and a Breathe for Change Certified Social Emotional Learning and Mind- Body Wellness Facilitator.	Mon, May 24 th 7:00 – 8:30 PM	Registration
Understanding Dyslexia	Participants will learn about the role of the brain in reading and dyslexia. Early warning signs, as well as critical indicators and core deficits, will be presented. We will review special education law with an emphasis on specific learning disabilities and dyslexia. A discussion of clinical diagnosis versus educational classification, and IEPs versus 504 Plans, will guide participants to consider these nuances in the contexts of schools. Presented by Dr. Sheila Clonan, The Reading League	Thurs, June 3 7:00 – 8:00 PM	Registration

Special Education Citizen’s Advisory Committee (SECAC) Meetings

Description: SECAC focuses on education, advocacy, and support of the Department of Special Education and the needs of BCPS families.

Event type: Virtual Meetings

Target audience: Parents/caregivers of children with behavioral health issues.

Link: [SECAC](#)

Date	Topic	More Information
May 3, 2021	<p style="text-align: center;">Promoting Wellness and Coping with Change as We Return to School</p> <p style="text-align: center;"><i>Presented by Tana Hope, Ph.D. The Child and Family Therapy Clinic, Dept of Behavioral Psychology at Kennedy Krieger Institute</i></p>	<p style="text-align: center;">Meetings are held from 7:00 – 8:00 PM</p> <p style="text-align: center;">First semester meetings will be held virtually via Google Meets: https://meet.google.com/fak-czgt-dvf</p> <p>If you need to call in or have difficulty joining email Ellen Galvez for assistance.</p>

Stock Market Game

Event type: Virtual Self Pace Game
Target audience: BCPS Students and Families
Sponsored by: [Maryland Council on Economic Education](#), [First Financial Credit Union](#), and [Parent University](#)

Description	Date/Time	Registration
<p>No Experience Needed!!!</p> <p>The Stock Market Game teaches the importance of saving and investing. Family teams invest a hypothetical \$100,000 in listed stocks, bonds, and mutual funds and learn the value of the capital markets as they work together to maximize the return of their portfolios. This is a self-paced family activity. Fees are being sponsored by First Financial.</p>	<p>Registration is open now!</p> <p>Participants can begin the game on April 5- June 4, 2021</p> <p>Create your team today!!</p>	<p>Registration</p>

The Teenage Brain

Event type: Virtual Presentation
Target audience: BCPS Families
Sponsored by: BCPS Office of School Social Work and MTSS

Description	Dates & Times	Registration
<p>In this session, we will:</p> <ul style="list-style-type: none"> Gain an understanding of the research behind how the teenage brain works. Learn strategies and coping skills to support their teenager's academic and social & emotional success. 	<p>Thurs, May 6th 6:30 – 7:30 PM</p>	<p>Registration</p>

Virtual Support Group- Thrive Behavioral Health

Event type: Virtual Meeting
Target audience: BCPS Families
Sponsored by: Thrive Behavioral Health

Description	Dates & Times	Registration
<p>Adrian Stackhouse, LCSW-C will be offering a Virtual Support Group for Parents, with focus on supporting parents as they face the unique challenges March is going to bring in terms of virtual/hybrid/in person options, emotions (both theirs and their children's), and responses to change. This is open to all parents/caregivers and is not limited to Thrive clients.</p>	<p>Wednesdays at 5:00 PM via Zoom</p>	<p>Link to Join</p>