

THRIVE!: Parenting During COVID-19

A Free Online Empowerment and Education Series for Parents

The coronavirus disease (COVID-19) pandemic has upended family life around the world. School closures, working remote, physical distancing — it's a lot to navigate for anyone, but especially for parents.

Brought to you by 4Cs of Alameda County, Life Coach Diedre Goree's goal is to bring parents and caregivers a set of handy tips to help manage this new (temporary) normal.

What is included in the workshop?

The Workshop Format includes:

- ☆ lectures, intentional dialogue, and downloadable pages available each meeting
- ☆ focused attention on stress busters, new practices, and self-care techniques
- ☆ learning new ways to live in this new (temporary) normal
- ☆ S-T-R-E-T-C-H-I-N-G into new ways of being - and Practice, Practice, Practice!

SERIES DESCRIPTIONS:

1. Family Stress And How To Manage It (May 5th)

There's no question we're in a difficult season and sailing uncharted waters which can cause stress. And stress can interrupt family functioning and negatively influence the general well-being of everyone involved. There are many possible sources of stress with this pandemic, and you may find yourself experiencing multiple at the same time. Though some stress is inevitable in the family unit, too much can contribute to increased dysfunction. I'll be sharing a few ideas for how to provide self-care for the whole family.

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2. Finding Time For Myself Amongst The Chaos (De-Stressing Tips For Parents) (May 7th)

Self-care during quarantine is pretty essential during these long days that are full with so many emotions swirling around. I know for myself, I can oscillate between anxiety and calm in a nanosecond. During this chat, I'm going to share holistic self-care ideas and activities that can connect you to your inner calm. It's possible to get through this pandemic staying mostly grounded and connected.

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3. Keeping Our Love Alive (Relationship Tips During Quarantine) (May 12th)

Typically you have your space, time during the day to be separated and then excited to get back together, but now you have to social distance together. This is uncharted territory, but if you've already met the parents, you can survive this too. It's hard out there for people right now, but your relationship does not need to struggle during this uncertain time. Get pointers on how to keep the love alive during the quarantine.

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4. My Kids Are Doing Too Much (Stress From A Kids Point Of View) (May 14th)

Given this new type of virus and the required measures being implemented, including home quarantine, it is inevitable to feel worried and stressed even for the young ones. Parents are the main support group of children at home and it is your job to make them feel taken care of amid this global pandemic. If you have a child with you at home, here are some helpful tips.

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5. Walking In My Strengths (May 19th)

Schools are closed, you're working from home, and you can't have your kid stay over at their grandparents' place. This situation means that parents are spending more time than ever before with their adorable munchkins. Now, they're getting into all kinds of trouble and driving their parents bananas! Good parenting protects children from developing anxiety, depression during the shelter-in-place.

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6. Quarantine Creativity: Things To Do While You're Home (May 21st)

Find a project or two or three that will fill your life with hope, optimism, and healing because making things with your hands has the power to do all those things. While you are practicing social distancing, crafting can help you and your kids use your hands, quiet the stress, and explore your creativity in a way you may not always have time to!

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7. Trouble, Chaos And Tension: When Our House Is Not A Happy Home (May 26th)

Requesting the public to shelter in place assumes a safe place to hunker down and weather the storm. But not everyone is safe at home. For domestic violence victims, home is the most dangerous place to be. And if a couple is subjected to a mandatory lockdown, the potential for both physical and emotional abuse can be dangerously elevated. The bottom line is that even in a time of crisis, help is available. For some victims, becoming familiar with available resources is the first step. Knowing where to go and who to call provides many victims with a sense of relief even in the absence of current abuse, because knowledge is power.

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8. Effective Communication: Talking vs. Yelling (May 28th)

If you are a parent, you've probably lost your temper with your kids and have yelled at them at some point. We parents are only human, and kids can sometimes be really good at pushing our buttons and challenging us with behavior problems such as defiance and backtalk. Yelling and losing our cool, in other words, can sometimes happen. But if yelling is an all-too-frequent occurrence in your home, it may be time for you to take stock of what's going on and consider some alternative ways to communicate with your child.

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9. Introverts And Extroverts: How The Shelter-Down Affects Us (June 2nd)

The self-isolation designed to arrest the coronavirus' spread has turned the tables on many norms — like living life outside the four walls of home, gathering socially at the drop of a hat and having everyday social interactions with anyone from your local barista to the guy at the corner store. But even in pre-virus times, there were people for whom those things were more pressure than pleasure: introverts, those who largely get their energy from inside themselves and selected interactions with people, as opposed to extroverts, who obtain it from outside themselves. The quarantines and distancing have upended that. It's a relief for some introverts who now don't need excuses for why they don't want to be out — and, equally, a struggle for extroverts seeking out social connection in a world where that's suddenly a limited commodity.

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10. I'm Essential: Working Amongst The Coronavirus (June 4th)

The wellbeing and emotional resilience of essential workers are key components of maintaining services during the COVID-19 virus (coronavirus) outbreak. Therefore, it will be crucial to anticipate the stresses associated with this work and put in place supports for essential workers and their families. Monitoring and assessment of mental health and wellbeing of essential workers is important, along with efforts to ensure their support and relaxation.

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