

Fall
2019

MCKINNEY ISD

P.O.W.E.R.

Parenting

E
V
E
N
T
S

Bedrooms, Backpacks and Beyond

Saturday, October 12

9 AM-12 PM

Location: McKinney High School, 1400 Wilson Creek, 75069

Connect with other parents to learn how to start and maintain the conversation about substance use with your child. Our event will cover substance use trends such as vaping and social media concerns. We'll also share resources for keeping your family healthy and safe.

Why Teens Can't Put Down Their Phones

Thursday, November 7

6 PM - 8 PM

Location: McKinney North High School, 2550 Wilmeth, 75071 *Traductor de español disponible.*

Learn how social media use impacts your child's brain development, social skills, and happiness. We'll also discuss habits you can build as a family to achieve balance in your technology use.

Helping Your Child Manage Anxiety

Thursday, December 5

12 PM - 1:30 PM

Location: McKinney Boyd High School, 600 Lake Forest, 75071

Bring your lunch and learn about practical ways you can help your child manage anxiety. Topics will include responding to stress, difficulty in social situations, and resisting negative thinking.

C
L
A
S
S
E
S

Love & Logic Classes (4 classes in the series)

Join us to learn effective strategies to communicate with your child. You'll learn techniques to set healthy limits, avoid power struggles, and increase your connection to your child. Materials provided. See below for the dates of each meeting in the series:

Series 1: October 8, 15, 22, 29

6 PM - 8 PM

Location: McKinney Administration Building, #1 Duvall Street, 75069

Series 2: November 5, 12, 19, and December 3

6 PM - 8 PM

Location: McKinney Administration Building, #1 Duvall Street, 75069 *Traductor de español disponible.*

Practical Parenting Classes (3 classes in the series)

Join us to uncover quick and practical steps you can take to solve common parenting challenges. You will learn how to increase communication, reduce conflict, and enhance your understanding of your child's developmental needs. See below for the dates of each meeting in the series:

Series 1: October 10, 17, 24

8:30 AM – 10:30 AM

Location: McNeil Elementary, 3650 Hardin, 75070

Series 2: November 7, 14, 21

8:30 AM – 10:30 AM

Location: Caldwell Elementary, 601 W. Louisiana, 75069 *Traductor de español disponible.*

O
N
L
I
N
E

Talk It Up! : Prevention Resources for Parents: <https://tinyurl.com/misdtalks>

Check out our self-guided course to get educated about substance use facts and trends. You'll be empowered to start meaningful conversations with your child about healthy coping strategies and ways to resist peer influences. You'll also learn about local resources and tools to get support and treatment if needed. The course can be accessed on-demand from the privacy of your home.

Follow us on Facebook @misdparenting

Join our online community for great articles, videos and livestream "quick tips" videos on Thursdays. We invite you to follow us for fast, relevant content that you can access at a time that's convenient for your busy schedule!