

QUICK GLANCE AT THE DAY

Parents' Day Out

April 12, 2017

Glen Sanders Mansion, Scotia, NY

Together We Rise

Event Schedule

8:45 – 9:00 Registration

9:00 – 9:30 Breakfast

9:15 – 9:30 Welcome & Keynote Speaker •Jamaica Miles

9:40 – 10:30 Workshop Session 1

- Healthy Relationships
- Active Parenting In This Crazy World
- Bullying! What do you know? What Should you do?
- Stress Release/Mindfulness: How to keep on keeping on
- Money Knowledge + Management = Financial Literacy
- Sex Talk: Parent-Child Communication
- Be a Part of the Change-Civic Engagement
- Keeping Your Child Safe, Healthy, & Drug Free
- Advocacy: Stand up/Speak up for your child

10:35 – 11:20 Workshop Session 2 (same as above)

11:30 – 12:30 Lunch & Tabling (visit tables set up by various community groups)

12:35 – 1:20 Arts Expression Workshops

- Nutrition
- Visual Art
- Meditation
- Drumming
- Yoga Basics
- Singing/Vocal Expression
- Zumba/Dance

1:30 – 2:45 World Café offers an opportunity for conversations among parents, decision makers and community leaders about ways our schools and community resources can better support our youth

2:45 – 3:00 Wrap Up & Raffle Prizes