

# Baltimore County Public Schools Parent University SCHEDULE OF EVENTS



**These events are offered by BCPS offices. [Click here to find Parentmobile sightings!](#)  
[Click here to go to community events!](#) Para ver nuestros eventos en español haga clic aquí.**

## Highlights

**SAVE THE DATE: March 9, 2024 – 10:00 AM - 1:00 PM**

**Mind Over Matters – Kick Off Event, Mental Health Matters Month**

**George Washington Carver Center for Arts and Technology**

(see description under MARCH schedule)

**Every Wednesday – Every Month! Two English sessions, 10:00 AM & 1:00 PM**

**Family Support Wednesdays**

**Virtual: <https://meet.google.com/jbx-jjbt-exc>**

Every Wednesday join BCPS Department of Special Education for an opportunity to find support, connection, and information designed for just parents of young children with developmental delays (birth – 5). These are casual groups to get to know each other and build community. On the last Wednesday there is a special session for caregivers of micro-preemies and children with special healthcare needs from 2:00 – 2:45 PM.

**March 13, 2024**

**Informational Session with The Down Syndrome Association of Maryland**

**Virtual – Link to join: <https://meet.google.com/jbx-jjbt-exe>**

Sponsored by the BCPS Department of Special Services and the Birth to Five Services Office. Join us to learn more about resources the DSAMD has to offer.



# March 2024

## **March 8 – 12:30 PM**

### **Lunch & Learn – Compassion vs. Control: Finding the Balance You Need (also offered May 10)**

#### **Virtual**

Presented by Mariposa Education

It's really hard when your child is struggling to know how to help. On the one hand, you know it's important to hold your child accountable and to set clear expectations. And yet you also want to be compassionate, to be a source of support and understanding when they struggle. For example, if your child is upset and they snap at you, it's hard to know whether to lean into what is bothering them or address the way they spoke to you. This is a common dilemma. Time and time again, the research shows us that children need to feel understood and accepted for their feelings AND to have clearly stated boundaries and expectations. In this workshop, we will talk about successful adult-child relationship styles and some tips and language to try to strike that balance needed between control and compassion.

[For registration click here!](#)

## **March 9 – 10:00 AM - 1:00 PM**

### **Mind Over Matters – Kick Off Event, Mental Health Matters Month**

**George Washington Carver Center for Arts and Technology, 938 York Rd, Baltimore, MD 21204**

Presented by BCPS

Students, parents, caregivers, please join us for workshops and visit vendors to learn more about children's mental health and substance use prevention. There will be face painting, yoga, student performances, Kona Ice, and more!

## **March 12 – 12:30 PM**

### **Lunch & Learn - Introduction to Bullying Prevention**

#### **Virtual**

Presented by Brad Engel, Maryland State Department of Education

What is bullying? What are Maryland's laws around bullying? How can you help prevent bullying? Brad Engel, School Climate Initiatives Specialist with the Maryland State Department of Education, will provide an hour of crucial information on how to effectively respond to bullying situations and get a better understanding of the barriers that prevent children from reporting to adults. For educators and parents/caregivers alike. To be repeated on May 16, 2024.

[For registration click here!](#)



## **March 15 – 12:30 PM**

### **Lunch & Learn - Celebrating Baby Sleep Day: Preventing Sleep Problems Before they Occur**

#### **Virtual**

Presented by the Center for Family Success

Center for Family Success is partnering with Parent University to offer monthly Lunch & Learn sessions on parent hacks, early learning, and health related topics.

[For registration click here!](#)

## **April 2024**

## **April 12 – 12:30 PM**

### **Lunch & Learn – This is Hard! How to Help Your Child Do Hard Things and Persevere in the Face of Challenges (also offered April 12)**

#### **Virtual**

Presented by Mariposa Education

Parents often find it difficult to encourage their child to keep trying when things are hard, or to do hard things. And the many ways we try to motivate our children can backfire. It turns out that when we are learning something new, we need 5 forms of positive feedback for every negative or constructive form of feedback. And yet how we offer that feedback makes a big difference. In this workshop, we will give you the language to reinforce your child so that they can build the self-motivation they need to try again and do hard things.

[For registration click here!](#)

## **April 19 – 12:30 PM**

### **Lunch & Learn - Embracing Your Power: The Importance of Nurturing Yourself**

#### **Virtual**

Presented by the Center for Family Success

Center for Family Success is partnering with Parent University to offer monthly Lunch & Learn sessions on parent hacks, early learning, and health related topics.

[For registration click here!](#)



# May 2024

## May 2 – 12:30 PM

### Lunch & Learn – BCPS & Talkspace – Online Mental Health Support for Teens in High School

#### Virtual

Presented by Talkspace

Discover how BCPS is providing a valuable opportunity for teens, aged 13 and above, to access Talkspace therapists, mental health resources, and additional support, completely free of charge. Whether it's dealing with school and holiday stress, navigating relationships, or managing friend drama, this online platform offers a safe space for teens to seek the help they need. Register to learn more about this new resource.

[For registration click here!](#)

## May 10 – 12:30 PM

### Lunch & Learn – Compassion vs. Control: Finding the Balance You Need

(also offered May 10)

#### Virtual

Presented by Mariposa Education

It's really hard when your child is struggling to know how to help. On the one hand, you know it's important to hold your child accountable and to set clear expectations. And yet you also want to be compassionate, to be a source of support and understanding when they struggle. For example, if your child is upset and they snap at you, it's hard to know whether to lean into what is bothering them or address the way they spoke to you. This is a common dilemma. Time and time again, the research shows us that children need to feel understood and accepted for their feelings AND to have clearly stated boundaries and expectations. In this workshop, we will talk about successful adult-child relationship styles and some tips and language to try to strike that balance needed between control and compassion.

[For registration click here!](#)

## May 16 – 12:30 PM

### Lunch & Learn - Introduction to Bullying Prevention

#### Virtual

Presented by Brad Engel, Maryland State Department of Education

What is bullying? What are Maryland's laws around bullying? How can you help prevent bullying? Brad Engel, School Climate Initiatives Specialist with the Maryland State Department of Education, will provide an hour of crucial information on how to effectively respond to bullying situations and get a better understanding of the barriers that prevent children from reporting to adults. For educators and parents/caregivers alike.

[For registration click here!](#)



**May 24 – 12:30 PM**

**Lunch & Learn - “Tell me a Story”: Why Reading with your Child is Important**

**Virtual**

Presented by the Center for Family Success

Center for Family Success is partnering with Parent University to offer monthly Lunch & Learn sessions on parent hacks, early learning, and health related topics.

[For registration click here!](#)

**June 2024**

**June 7– 12:30 PM**

**Lunch & Learn - Summer Bucket List: What to do during the long summer months.**

**Virtual**

Presented by the Center for Family Success

Center for Family Success is partnering with Parent University to offer monthly Lunch & Learn sessions on parent hacks, early learning, and health related topics.

[For registration click here!](#)

**Parentmobile Sightings!**

**March 19 – 6:00 – 7:30 PM**

**Family Engagement Night at Martin Boulevard Elementary**

Please visit and pick up all sorts of written resources that help families and students.

**Eventos en Español**



# Community Events & Resources

## National Alliance on Mental Illness (NAMI) Support Groups, Classes, Events

### Virtual and In-Person

[For more information and to register click here!](#)

## ESOL Classes – Community College of Baltimore County

### Virtual and In-Person

[For more information and to register click here!](#)

## Budget Town Halls – Listed by District

### In-Person – click on “District” for more information

**[District 1](#): Wednesday, March 27, 2024 6:30 PM – 8:30 PM, CCBC Catonsville Center for the Arts Bldg**

**[District 5](#): Wednesday, March 6, 2024 6:30 PM – 8:30 PM, Perry Hall High School**

**[District 7](#): Wednesday, March 13, 2024 6:30 PM – 8:30 PM, Dundalk Elementary School**

## District 7 (Essex, Dundalk): Parent & Youth Transition Conference, Breaking Poverty Cycles

To register: [Parent & Youth Transition Conference Registration Form \(jotform.com\)](#)

Fee: Two non-perishable items per person

