

Topic	Description
Let's Talk About Sex	What you need to know and how to navigate talking to your kids about sex and sexual activities.
Managing Tantrums	How to handle your little's BIG emotions.
Navigating ADHD	Understanding an ADHD diagnosis and how to manage your child's ADHD behaviors.
Suicide and Self Harm	How to effectively talk to kids around the topic of suicide and non-suicidal self-injury.
Managing Stress	How to help your child manage stress. Understand how stress presents and ways to cope with any stressors.
Parenting Self-Esteem	Creating healthy boundaries, understanding yourself as a parent, and creating a clear path for you as a parent!
Anatomy of a 9th Grader	Helping your 8th grader prepare for 9th grade while understanding where they are developmentally.
Navigating Social Engagements	Helping kids develop functional social skills to manage positive relationships.
Navigating Bullying	Learn how to address the challenges of bullying. We will discuss the different types of bullying, its consequences, and resources surrounding the issue
Building Healthy Habits	How to promote healthy habits. We will discuss the outcomes of harmful phrases and how to have conversations that encourage more body positivity and higher self-esteem.
Teen Mental Health	What adolescents are really going through and how to break the stigma around supporting your child's mental health.
Vaping	What you need to know and how to talk to your kids about vaping
Social Media Safety	Online safety and cyberbullying. What you need to be watching out for and how to talk to your kids about what they are doing online.
Screen Time: How Much is Too Much?	When to worry about your child's screen time use and how to create a media plan that works for your family.
BFFs, Frenemies, & Everything in Between: Navigating Adolescent Friendships	Why are middle school friendships so hard? How to support your child while they're learning how to choose good friends and how to be a good friend.