

PARENT LEARNING WORKSHOPS

VIRTUAL & IN PERSON



FALL 2025 • SPRING 2026

FREE TO PARENTS



FAMILY ENGAGEMENT

EDUCATION SERVICE CENTER • REGION 20

Mark your calendar to attend our Parent Learning Workshops!



In-person workshops are held at:

Education Service Center, Region 20
Frederick E. Maples, Jr. Conference Center
1314 Hines Ave.
San Antonio, TX 78208

For Information

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(210) 370-5286

Request an Interpreter

Please call **(210) 370-5286** to request an English-Spanish interpreter at least 72 hours in advance.

To Register

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1. Go to Connect20: txr20.escworks.net/
2. Select **New Users (upper left)** to create an account.
3. Once the account has been created, log in using your email and password.
4. Type the session ID# in the search box.
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AUGUST

Knowing the Process Behind Your Child's Individualized Education Program

Tuesday, August 19, 2025

9am - 11am

[Virtual session #112241](#)

There is a process for creating Individualized Education Programs (IEPs) that are standards-based for every student receiving special education services. Parents will become more familiar with the IEP process including data collection, present levels of academic achievement and functional performance (PLAAFP), goals, progress monitoring, and assessment.

Talking to Preschoolers to Build Communication and Thinking Skills

Wednesday, August 20, 2025

9am - 11am

[Virtual session #112246](#)

Parents are eager for their children to succeed in school, and young children are geared to learn lots of new vocabulary words during the preschool years. With a few simple interaction tips, parents can tailor their talk with their children to build vocabulary and critical thinking skills that lay the ground for school success. This workshop will highlight what research says about talking with preschoolers to ready them for school.



Least Restrictive Environment (LRE): Understanding the Continuum of Services

Thursday, August 21, 2025

9am - 11am

[Virtual session #112247](#)

In this session you will receive a review of the continuum of services available for students who qualify for special education in a bite-sized, easily digestible presentation. Information will cover the possible instructional settings for students to receive special education services and connected descriptors.

Empowering Futures: How CTE Opens Doors for College and Career Success

Tuesday, August 26, 2025

9am - 11am

[Virtual session #112248](#)

Learn how Career and Technical Education (CTE) programs prepare students for success after high school by combining academic knowledge with real-world skills. In this session, participants will explore how CTE opens doors to college opportunities, high-demand careers, and lifelong success. Whether your child plans to attend a university, earn a certification, or jump straight into a career, CTE can provide a strong foundation. Join us to discover how these programs can empower your child's future!

Parent Cafe: Parental Resilience

Wednesday, August 27, 2025

9am - 11:30am

[Session #111614 \(In-person only\)](#)

During this session parents will be introduced and discuss parental resilience. Parenting is being strong and flexible. As parents, to deal with the stressors of life, we need to be strong, flexible, and we need to be able to bounce back when adversity hits. When we as parents are psychologically and emotionally healthy, we are better able to consider long-term solutions instead of just reacting to every situation as it comes up. This session is presented by community partner University Health.

Introduction to Artificial Intelligence for Parents

Thursday, August 28, 2025

9am - 11am

[Virtual session #112249](#)

Everywhere you turn in the news and social media, there are posts about Artificial Intelligence tools such as ChatGPT, Gemini and CoPilot. As a parent, what do you need to understand about the tools? How can you utilize them for your own purposes? What should you know when guiding your children? In this introductory session we'll review key tools and questions to ask as a parent when utilizing Artificial Intelligence tools.



SEPTEMBER

Bridging the Gap Between Disability and Instruction

Wednesday, September 10, 2025

9am - 11am

[Virtual session #112441](#)

Join us for an engaging workshop focused on bridging the gap between a student's disability and effective instruction. In this session, parents and families will gain valuable insights into specially designed instruction and its pivotal role in meeting the diverse needs of students with disabilities, while learning how to advocate for personalized learning experiences that maximize their child's growth and development.

AS+K? About Suicide to Save a Life

Thursday, September 11, 2025

9am - 12pm

[Virtual session #112442](#)

Suicide prevention happens when people and communities come together. When we know what to look for, pay attention to those around us, and act when we see something, we will reduce the number of deaths by suicide. But where do we begin? Whether you are a professional, a worried parent, or a concerned friend, AS+K? training provides resources to help you learn the signs to look for, how to talk to someone about what they are feeling, and where to go for more help. The instructors have been trained by the Texas Suicide Prevention Collaborative.

Post-Secondary Transition and Graduation Planning

Tuesday, September 23, 2025

9am-11am

[Virtual session #112443](#)

Participants will learn about the post-secondary transition planning process, including how to set meaningful goals for life after high school—such as college, employment, and independent living—and how these goals are reflected in the Individualized Education Program (IEP). The session will also explain graduation options, key timelines, and how families can actively participate in planning meetings to ensure

their child's unique strengths, needs, and dreams are at the center of the process.

Parent Cafe: Parental Relationships

Wednesday, September 24, 2025

9am - 11:30am

Session #111615 (In-person only)

During this session parents will be introduced and discuss social connections. Parents need friends. When parents have positive, trusted friends in the community, they have a support system for meeting both practical and emotional needs. This session is presented by community partner University Health.

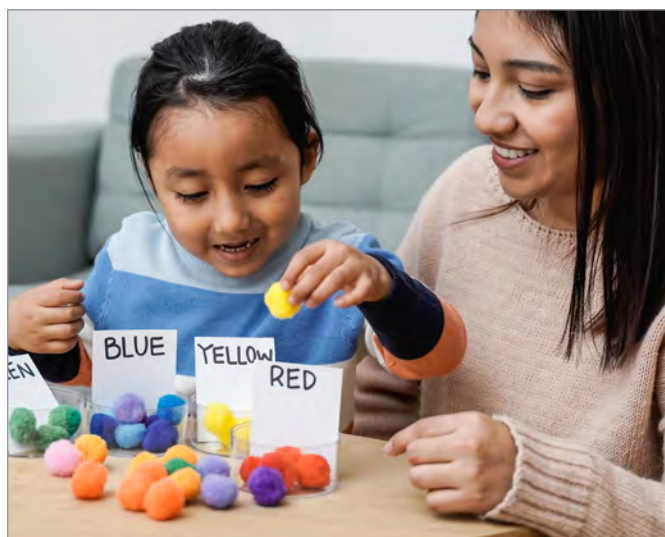
Demystifying the GT Identification Process

Thursday, September 25, 2025

5pm - 7pm

Virtual session #112444

What exactly does it mean to be in Gifted and Talented Services in Texas? You may be surprised to know that many of the students who benefit the most from services have not been identified. In this session, we will explore what Gifted Services are in Texas and what the identification process can look like in your child's school. We will also talk about ways to communicate with your child's campus for identification.



OCTOBER

Understanding the Individualized Education Program (IEP) Process

Wednesday, October 1, 2025

9am - 11am

Virtual session #112712

In this session, participants will review the required components in their child's special education Present Levels of Academic Achievement and Functional Performance (PLAAFP) statements and Individualized Education Program (IEP) Goals and discuss techniques for working with school personnel to develop appropriate programming for your child.

School Safety and the Role of Parents

Tuesday, October 7, 2025

9am - 11am

Virtual session #112713

Join us for an informative session focused on the importance of school safety and the role parents play during emergencies. This session will provide a general overview of school safety procedures, how schools prepare for crisis situations, and how parents can stay informed and involved. Our goal is to help parents feel more comfortable and confident in their understanding of school safety and how they can support their children and the school community.

College 101

Wednesday, October 15, 2025

9am - 10am

Virtual session #112900

College awareness discussions can help families overcome the fear of the unknown. This session provides an overview of basic college information, including the benefits of higher education, the various types of college degrees, and different types of higher education institutions. How can a family afford to pay for college, and what does it take to get a college scholarship? These questions and others will be addressed and discussed during this session, allowing us to gain an understanding of the fact that college completion is possible. This session is presented by community partner UTSA Community Outreach.

Head Start Policy Council

Thursday, October 16, 2025

9am - 11am

[Virtual session #112714](#)

This session will explore how parents' voices and perspectives guide decisions about the local Head Start program. Participants will gain valuable skills and strategies for effectively expressing their perspectives and ensuring their voices are heard during Head Start Policy Council meetings. Through interactive discussions, role-playing exercises, and practical guidance, parents will learn how to advocate for their priorities, contribute meaningfully to decision-making processes, and actively engage in shaping the direction of the Head Start program within their community.

Following the Daily Routine at Home

Tuesday, October 21, 2025

9am - 11am

[Virtual session #112716](#)

Join us in exploring research-based strategies that support children in participating and moving through activities in the home such as cleaning up toys, taking a bath, eating meals, running errands, and even taking a nap. Come learn how offering choices and adding playful elements can help create a smoother, more peaceful rhythm for your family.



Navigating Special Education Through The Legal Framework

Wednesday, October 22, 2025

9am - 11am

[Virtual session #112717](#)

Ever feel a bit overwhelmed with all the processes, procedures, and requirements that come along with having your child in school? You are not alone. Come learn more about a parent resource that is valuable in ensuring that parents have user-friendly access to this type of information. The Legal Framework is a very specialized type of resource. Its focus is on a special education process that is child centered. It offers an outline, and a shortened summary, of all the legal requirements that come from the federal level—applicable to all states—and those for the state of Texas. In this session, parents will learn about and explore the Legal Framework and Parent Resources available.

Unlocking Potential: Supporting Twice-Exceptional Learners at Home

Thursday, October 23, 2025

9am - 11am

[Virtual session #112718](#)

Does your child have unique strengths and challenges? Join us for a powerful parent workshop designed to help you better understand and support your child's unique strengths and challenges. This session focuses on strategies for nurturing twice-exceptional (2e) learners at home--children who are gifted and are in the special education program. Don't miss this opportunity to connect with other families and gain valuable tools for empowering your child's success!

Reducing Risk: Counseling on Access to Lethal Means (CALM)

Tuesday, October 28, 2025

9am - 12pm

[Virtual session #112720](#)

Counseling on Access to Lethal Means (CALM) is designed to teach parents how to help keep individuals at risk for suicide safe by working with them to support the safe storage of firearms and medications, while still respecting their rights and autonomy. Please note:

This is **not** an introductory suicide prevention course. It includes sensitive discussions about suicide and methods. CALM is **not recommended** for individuals with recent lived experience of suicide or trauma within the past two years.

Parent Cafe: Parental Knowledge

Wednesday, October 29, 2025

9am - 11:30am

[Session #111616 \(In-person only\)](#)

During this session parents will be introduced and discuss knowledge of parenting and child development. Being a great parent is part natural and part learned. Children don't come with a manual. Parenting is a continuous learning process, and it's important to understand normal child development so that we can have reasonable expectations for our children. This session is presented by community partner University Health.

Understanding the Impact of Being Deaf/Hard of Hearing on Language, Communication, and Curriculum

Thursday, October 30, 2025

9am - 11:00am

[Virtual session #112721](#)

A hearing difference creates many challenges for students who are deaf or hard of hearing (DHH), and deaf education teams including parents can minimize these challenges. In this session, parents will learn what students who are DHH need to be able to access the curriculum. Topics will include the impact of hearing difference on language development and academic success, types and degrees of hearing loss, Hearing Assistive Technology (HAT), deaf education team collaboration, and appropriate accommodations and strategies for students who are DHH.

NOVEMBER

STEM Fun at Home

Tuesday, November 4, 2025

9am - 11am

[Virtual session #112740](#)

As parents, when it comes to hearing and learning about STEM education we may immediately feel confused, anxious, or lack confidence. Learn more about STEM and embrace it in a fun way! Learn ways to dive into learning with your child at home. Talking about STEM with your children will help them understand that learning is all around them. Walk out with some cool ideas and activities to use with your kids at home.

Supporting Your Gifted Child's Needs

Wednesday, November 5, 2025

5pm - 7pm

[Virtual session #112741](#)

In order to effectively support the needs of gifted students, educators need to attend to the affect of gifted and talented students, and focus specifically on their social and emotional needs. What does that mean to you as a Guardian/Parent for your child? In this session, we will examine characteristics of gifted students that tend to influence these needs. Outcomes of the session will be opportunities to explore activities that you can do with your child to help them better understand themselves and be the best version of themselves they can be.

Positive Behavior Supports in the Home

Thursday, November 6, 2025

9am - 11am

[Virtual session #112742](#)

Parenting can sometimes feel like navigating a maze of behaviors, from the wonderful to the challenging. This workshop is ideal for parents, caregivers, and anyone interested in promoting positive behaviors and strengthening family relationships in the home. This session provides tools and strategies that enable and empower the family to clearly define, confidently teach, and consistently support their behavior expectations.

Join us as we embark on a journey to create a positive and supportive home where every family member can thrive.

Adverse Childhood Experiences (ACEs)

Tuesday, November 11, 2025

9am - 11am

Virtual session #112743

In this session, we will discuss the impact of ACEs and how it transcends the traditional boundaries of health and human service systems. The first step toward healing comes with understanding the problem. Our words and our commitment are vital to the future we all want for our children. The goal of this session is to develop a common language and common understanding about how experiences shape our well being.

Parent Cafe: Parental Support

Wednesday, November 12, 2025

9 am - 11:30am

Session #111617 (In-person only)

During this session parents will be introduced and discuss concrete support in times of need. Everybody needs help sometimes, and families that can get help when they need it are able to stay strong and healthy. It is a sign of strength to ask for help when you need it. This session is presented by community partner University Health.

Understanding STAAR Accessibility and Supports

Tuesday, November 18, 2025

9am - 11am

Virtual session #112744

Are you ready to embark on an adventure exploring STAAR Supports? Join us for a thrilling virtual journey where families will uncover the secrets to maximizing accessibility for all students in classroom instruction and State of Texas Assessments of Academic Readiness (STAAR®). In this session, participants will navigate through a series of activities designed to familiarize them with key guidance documents from the Texas Education Agency (TEA). Prepare to decipher core

components, unlock the latest accommodation policies, and engage in discussions about accessibility features benefiting students during instruction and testing.

Organizing Your Family With Free Tools From Google

Wednesday, November 19, 2025

9am-11am

Virtual session #112745

Calendars, Task and Keep can assist you in organizing your family and children's activities. Bring your own device (and Google account) to learn how to share, assign and create schedules and reminders that will work for all family members. From shopping checklists to shared appointments, from custom tasks (that can repeat) to location based reminders, learn how Google can assist you in organizing your family!



DECEMBER

De-escalation Strategies for the Home

Tuesday, December 2, 2025

9am - 11am

[Virtual session #112762](#)

This session is designed to equip parents, caregivers, and educators with effective tools and compassionate approaches to help children navigate through challenging moments. Attendees will learn about the fundamentals of de-escalation, the importance of co-regulation in building emotional resilience, and practical strategies that can be implemented in real-time to restore calm and understanding. By focusing on communication, empathy, and connection, this session aims to strengthen the bond between parents and children, ensuring that families are prepared to face crises together with confidence and love.

Practicing Gratitude and Mindfulness at Home

Wednesday, December 3, 2025

9am - 11am

[Virtual session #112763](#)

Learn practical strategies to weave gratitude and mindfulness into your family's daily routine. This interactive session explores simple yet powerful practices that help children develop emotional awareness, reduce stress, and build resilience. We'll share age-appropriate activities like mindful breathing games, gratitude journals, and family reflection moments that fit naturally into busy schedules. Discover how these practices can strengthen family bonds, improve communication, and create a more peaceful home environment—all while supporting your child's social and emotional development.

Overview of Resources for Parents of Students Receiving Special Education Services

Tuesday, December 9, 2025

9am - 11am

[Virtual session #112764](#)

In this session, parents and guardians will be introduced to the vast variety of resources available to parents of students receiving special education services. Whether you're just beginning the journey or seeking to enhance your existing support network, this session is tailored to equip you with the knowledge and tools necessary to navigate your child's educational journey in the complex landscape of special education.

Parent Cafe: Parental Communication

Wednesday, December 10, 2025

9am - 11:30am

[Session #111618 \(In-person only\)](#)

During this session parents will be introduced and discuss their own experience on how they have helped their children communicate. Further expanding into the social and emotional competence of children. Children need to learn how to manage their emotions, express their needs and feelings, deal with conflict, and get along with others. When children can do these things, our jobs as parents become less stressful. This session is presented by community partner University Health.

Considerations in Creating a Family Technology Plan

Thursday, December 11, 2025

9am - 11am

[Virtual session #112765](#)

It's 2025 and parenting in the age of technology can be challenging! In this session we'll look at best practices in setting up a family technology plan. What type of access will you allow your children? Will you restrict certain apps and websites? How will you teach them responsibility and best practices? Helpful tools for developing your family plan will be shared.

JANUARY

Section 504: What is it & how does it help my child?

Tuesday, January 13, 2026

1pm - 3pm

Virtual session #112775

What is Section 504? Who does it protect? What does a plan include? What rights do parents or guardians have under Section 504? How does my child get a plan or what can I expect if they have one? We are so glad you asked. Join us to explore these very topics and provide answers to these very questions. Let's explore Section 504 together.

AT for All: The Role of Assistive Technology in Special Education

Wednesday, January 14, 2026

1pm - 3pm

Virtual session #112776

This session will delve into the transformative power of assistive technology (AT) in special education. We'll explore examples of the use of AT tools, services, and considerations regarding the evaluation and IEP process for students with different learning needs. Participants will learn about the different AT requirements under the Individuals with Disabilities Education Act (IDEA).

Promoting Mental Wellness and Resiliency

Thursday, January 15, 2026

1pm - 3pm

Virtual session #112791

Join us for a session that will empower you with practical strategies to promote mental wellness and build resiliency in your child. Participants will learn about how our brains develop self-regulation and emotional control. We will explore ways to support our children during moments of strong emotions, so they develop coping skills, flexibility, and inner strength.

Harmonious Bonds: Engaging with Your Child Through Music and Fingerplays

Tuesday, January 20, 2026

9am - 11am

Session #112813 (In-person only)

Join us for an interactive and enriching workshop tailored to parents seeking to deepen their connection with their children through the universal language of music and the playful art of finger plays. Led by experienced early childhood educators, this session offers parents a unique opportunity to learn practical techniques and strategies to engage, entertain and bond with their little ones in a fun and meaningful way.

Let's Play & Learn Together! Encouraging Positive Behavior Supports for ALL Young Children

Wednesday, January 21, 2026

9am - 11am

Virtual session #112789

Join us for an engaging session where families with 3- to 5-year-olds will actively explore how to use the power of play to nurture connection, social-emotional growth, and early academic skills at home. You'll leave with hands-on activities to implement immediately.

Understanding TELPAS for Your Emergent Bilingual Child

Thursday, January 22, 2026

5pm - 7pm

Virtual session #113039

Does your child participate in an ESL or a Bilingual program at school? If so, join us for a closer look at the TELPAS! This session will not only provide a deeper understanding of the state's annual English proficiency assessment, the TELPAS, it will also help you prepare and support your child for the assessment. This session will focus on strategies and resources in supporting your child in the 4 language domains of listening, speaking, reading, and writing, which are the critical components of the Texas English Language Proficiency Assessment System (TELPAS).

Understanding Dyslexia: What Parents Need to Know

Tuesday, January 27, 2026

9am - 11:00 am

[Virtual session #112790](#)

In this training you will learn what dyslexia is and how to support your child if he/ she has dyslexia. We will explore the common risk factors for dyslexia as well as common misperceptions or myths about dyslexia. Participants will learn strategies to help support their student if he/she is at-risk for or identified.

College 101

Wednesday, January 28, 2026

6pm - 7pm

[Virtual session #112793](#)

College awareness discussions can help families overcome the fear of the unknown. This session provides an overview of basic college information, including the benefits of higher education, the various types of college degrees, and different types of higher education institutions. How can a family afford to pay for college, and what does it take to get a college scholarship? These questions and others will be addressed and discussed during this session, allowing us to gain an understanding of the fact that college completion is possible. This session is presented by community partner UTSA Community Outreach.

Triple P Seminar 1: The Power of Positive Parenting

Thursday, January 29, 2026

9am - 10:30am

[Virtual session #112792](#)

Parents will be introduced to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.

This seminar is for parents of children up to age 12. It is presented by community partner SA Metropolitan Health District.

FEBRUARY

ESC-20 Family & Community Engagement Symposium

Tuesday, February 6, 2026

8:30am - 2pm

[Session #113277 \(In-person only\)](#)

This symposium provides parents, foster parents, grandparents and other caregivers, along with educators and other school district personnel information that promotes student success through family engagement. Session topics include: parenting hot topics, home/school relationships; social and emotional well-being, navigating the school system, and community resources. **Please note there is a registration fee for this conference.** For more information, email claudia.vargas@esc20.net.

Let's Play & Learn Together! Encouraging Language Skills for Reading Success for ALL Young Children

Tuesday, February 10, 2026

9am - 11am

[Virtual session #112794](#)

Unlock your child's inner reader! This engaging session for families with 3- to 5-year-olds reveals how simple play and everyday activities can powerfully boost language skills, setting a strong foundation for reading success. Discover practical, fun strategies to nurture your child's communication and literacy development.



What Every Family Should Know About Autism

Wednesday, February 11, 2026

9am - 11am

Virtual session #113089

This training is an overview of Early Identification and Supporting Families of children with Autism Spectrum Disorder (ASD) and/or families with children who exhibit Developmental Delays indicating potential diagnoses. Participants who successfully complete this course will:

- Be able to identify signs and characteristics of children with ASD.
- Gain knowledge of recommended resources and programs for caregiver and individual support to increase quality of life.

Self Determination and Impact of the Disability

Thursday, February 12, 2026

9am - 11am

Virtual session #112797

In this session, we will explore strategies for navigating disability awareness, equipping participants with the knowledge and tools to embrace their abilities while navigating challenges. Through engaging discussions and practical insights, attendees will gain valuable perspectives on understanding self-determination to overcome barriers, advocate for themselves, and thrive in various aspects of life. Whether you are navigating your own journey or supporting someone else, this session offers invaluable guidance and empowerment for fostering resilience and achieving personal growth.

Following the Daily Routine at Home

Wednesday, February 18, 2026

9am - 11am

Virtual session #112798

Join us in exploring research-based strategies that support children in participating and moving through activities in the home such as cleaning up toys, taking a bath, eating meals, running errands, and even taking a nap. Come learn how offering choices and adding playful elements can help create a smoother, more peaceful rhythm for your family.

You, Your Child(ren), and Your Military & Veteran Identity

Tuesday, February 24, 2026

5pm - 7pm

Virtual session #112799

In this workshop, we'll explore the concept of family as a "system"—a dynamic and interconnected unit where each member plays a vital role. Through engaging discussions, you'll discover how each person's individuality contributes to the smooth functioning of the family as a whole. By reflecting on personal identity, experiences, and values, we'll take a closer look at how these elements shape your family's unique identity.

This course covers Sessions 1 and 2 of the Strong Families Strong Forces program. For more information and sign-up, visit <https://www.uwstx.org/strong-families-strong-forces/>.

Triple P Seminar 2: Raising Confident, Competent Children

Thursday, February 26, 2026

9am - 10:30am

Virtual session #112803

Parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- Showing respect to others.
- Being considerate.
- Having good communication and social skills.
- Having healthy self-esteem.
- Being a good problem solver.
- Becoming independent.

This seminar is for parents of children up to age 12. It is presented by community partner SA Metropolitan Health District.

MARCH

Your Family's Military Transition Experience

Tuesday, March 3, 2026

5pm - 7pm

[Virtual session #112800](#)

Explore how children, like parents, form unique perceptions and emotions from shared life events. Learn how to create a safe space for your child to express their thoughts and experiences, fostering understanding and support within the family. Together, you'll reflect on shared experiences, gain insight into different perspectives, and strengthen communication to navigate past, present, and future family challenges.

This course covers Sessions 3 and 4 of the Strong Families Strong Forces program. For more information and sign-up, visit <https://www.uwsatx.org/strong-families-strong-forces/>.

Getting a head start on Head Start

Thursday, March 5, 2026

9am - 11am

[Virtual session #113044](#)

Join this session to become better equipped with the knowledge and tools necessary to give you a head start on Head Start and your child a head start on success! Learn about the next steps in the process and receive an overview of the different services offered in this program. Discover practical tips for fostering a supportive learning environment at home and engaging with your child's educators effectively. Don't miss this opportunity to gain the knowledge and confidence needed to make the most out of the Head Start program for your family.

Keeping Up with Your Family and Yourself

Tuesday, March 24, 2026

5pm - 7pm

[Virtual session #112801](#)

Life's challenges can disrupt family routines and connections, but this workshop will help you identify growth opportunities and new milestones in your child's development. Explore strategies to reconnect, strengthen your relationship, and create positive family memories. Learn how to care for yourself, your partner, and your children, and collaborate on a plan to reinforce your family's foundation.

This course covers Sessions 5 and 6 of the Strong Families Strong Forces program. For more information and sign-up, visit <https://www.uwsatx.org/strong-families-strong-forces/>.

Understanding the Impact of Executive Functioning Skills in Children & Teens

Wednesday, March 25, 2026

9am - 11am

[Virtual session #112773](#)

Executive Functioning Skills greatly impact children's achievement and are often an associated feature of developmental or learning disabilities, or caused by a mismatch between a child's neuro-developmental stage and the demands of their environment. This training will focus on ways in which parents, teachers, and students can understand what executive function skills are and learn to use appropriate strategies to help improve academic performance.





Triple P Seminar 3: Raising Resilient Kids

Thursday, March 26, 2026

9am - 10:30am

Virtual session #112804

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:

- Recognizing and accepting feelings.
- Expressing feelings appropriately.
- Building a positive outlook.
- Developing coping skills.
- Dealing with negative feelings.
- Dealing with stressful life events.

This seminar is for parents of children up to age 12. It is presented by community partner SA Metropolitan Health District.

Emergent Bilingual Students in Gifted Services

Tuesday, March 31, 2026

5pm - 7pm

Virtual session #112808

This workshop is designed to help families understand how students who are learning English can also be identified for and thrive in gifted programs. We'll discuss how giftedness can present itself and ways parents can support their child's academic and language development at home. The presenter will discuss common myths and barriers and share strategies to support both language growth and advanced learning.

APRIL

The Bully vs. The Bullied

Thursday, April 2, 2026

9am - 11am

Virtual session #112809

Join us for an essential discussion about bullying in today's world, both in-person and online. This comprehensive session examines bullying from multiple angles—exploring why children bully, the impact on those being bullied, and the often-overlooked role of bystanders. Learn to recognize early warning signs, understand the difference between conflict and bullying, and discover effective strategies to support your child whether they're being bullied or displaying bullying behaviors.

This session aims to empower parents with knowledge and practical tools to help create safer, more supportive environments for all children.

Parenting & Co-Parenting: Looking Back, Moving Forward

Tuesday, April 7, 2026

5pm - 7pm

Virtual session #112802

Parenting doesn't come with a "one-size-fits-all" solution. In this workshop, reflect on your own childhood experiences and explore various parenting strategies. Collaborate with your partner to create a co-parenting plan that aligns with your shared vision for your family's future. As the program concludes, we'll celebrate progress, cherish the journey, and recognize the strength of your family bond.

This course covers Sessions 7 and 8 of the Strong Families Strong Forces program. For more information and sign-up, visit <https://www.uwsatx.org/strong-families-strong-forces/>.

Triple P Seminar 1: Raising Responsible Teenagers

Thursday, April 9, 2026

5pm - 6:30pm

Virtual session #112805

Practitioners introduce parents to the six key elements of teenagers becoming responsible and specific ideas about how to teach and encourage each of the following skills:

- Taking part in family decision-making.
- Being respectful and considerate.
- Getting involved in family activities.
- Developing a healthy lifestyle.
- Being reliable.
- Being assertive.

This seminar is for parents of pre-teens and teenagers, ages 11-17. It is presented by community partner SA Metropolitan Health District.

Understanding Your Child's Learning Style

Tuesday, April 14, 2026

9am - 11am

Virtual session #112810

Parents are a child's most important teacher, and the home can be the best learning environment. This session will help you transform your parenting through understanding your child's learning style and provide strategies and tools to support him/her academically that match his/her learning style. Learning style inventories and other resources will be shared.



Play & Learn: Child Growth and Development

Wednesday, April 15, 2026

9am - 11am

Session #112687 (In-person only)

Join us for a Play & Learn group, a program for parents and their children birth age to 5 years. In this session, parents will learn how your child grows and develops during these early, critical years—from first steps and first words to emotional and social milestones. Presented in partnership with KLRN's Early Childhood Program, presenters will share practical strategies to support your child's learning, behavior, and development at home. Let's work together to build a strong foundation for your child's future!

Bringing Visuals Home: Supporting Communication Beyond the Classroom

Thursday, April 16, 2026

9am - 11am

Virtual session #112811

Communication is key—and for children who are still developing language skills, visual supports can make a big difference. Children with disabilities often rely on visuals to better understand and interact with the world around them—not just at school, but at home as well. In this session, we'll explore practical ways to incorporate visual supports into daily routines at home, including tools like choice boards, behavior charts, and more to strengthen both receptive and expressive communication skills.

Play & Learn: Ages and Stages

Wednesday, April 22, 2026

9am - 11am

Session #112688 (In-person only)

Join us for a hands-on workshop on the ASQ-3 (Ages & Stages Questionnaires®)—a trusted tool for tracking your child's growth in key developmental areas from birth to age 5. Presented in partnership with KLRN's Early Childhood Program, this session will guide you through completing the questionnaire, interpreting results, and using the insights to support your child's learning and development at home. Gain confidence in understanding your child's milestones and take an active role in their early development journey!

Play & Learn: Early Brain Development

Wednesday, April 29, 2026

9am - 11am

Session #112689 (In-person only)

Did you know that a child's brain develops more in the first five years than at any other time in life? Join us for a fun and informative workshop on Early Brain Development, presented in partnership with KLRN's Early Childhood Program. Learn how everyday activities—like talking, playing, and reading—can boost brain growth and set the stage for lifelong learning. Discover easy, powerful ways to support your child's development—and leave with tips, tools, and resources you can use right away!



MAY

Nurturing Your Child's Health from the Start

Tuesday, May 5, 2026

9am - 11am

Virtual session #113636

Designed exclusively for parents, this session is dedicated to discovering the connections between physical health, oral care, and nutrition, as pivotal elements for ensuring your child's readiness for school. The focus is to equip parents with the essential knowledge and practical tools necessary to lay the groundwork for your child's lifelong well-being, all within the framework of the Head Start Approach. Together we will embark on a journey to understand your child's growth, unlock the power of nutrition, master the art of oral care, overcome common obstacles, and integrate newfound knowledge into your daily routines. Join us in laying the foundation for a lifetime of health supporting your child's overall development and success.

Play & Learn: Identifying and Expressing Feelings

Wednesday, May 6, 2026

9am - 11am

Session #112690 (In-person only)

Emotions can be big—even for little ones! Join us for an engaging and practical workshop on helping young children recognize, understand, and express their feelings in healthy ways. Presented in partnership with KLRN's Early Childhood Program, this session will offer tips, tools, and fun activities you can use at home to support your child's emotional development. Help your child build the emotional skills they need to thrive—one feeling at a time!

Triple P Seminar 2: Raising Competent Teenagers

Thursday, May 7, 2026

5pm - 6:30pm

Virtual session #112806

Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school

and the community. Parents are given specific ideas to teach and encourage the following:

- Developing self-discipline.
- Establishing good routines.
- Getting involved in school activities.
- Being a good problem solver.
- Following school rules.
- Having supportive friends.

This seminar is for parents of pre-teens and teenagers, ages 11-17. It is presented by community partner SA Metropolitan Health District.

Play & Learn: STEM Focused Activities

Wednesday, May 13, 2026

9am - 11am

[Session #112691 \(In-person only\)](#)

Discover how Science, Technology, Engineering, Art, and Math (STEAM) can come alive through simple, fun activities at home! Join us for a hands-on parent workshop presented in partnership with KLRN's Early Childhood Program, where you'll explore creative ways to spark curiosity and learning in young children through everyday play. No special materials or experience needed—just a love of learning and a willingness to explore. Empower your child's imagination and critical thinking from the very start!

Play & Learn: Healthy Kids and Nutrition

Wednesday, May 20, 2026

9am - 11am

[Session #112692 \(In-person only\)](#)

Good nutrition starts at home! Join us for an engaging and informative parent workshop as part of KLRN's Nutritional Series, presented in partnership with their Early Childhood Program. Learn how to make healthy eating fun and achievable for your family with simple, budget-friendly tips, child-friendly recipes, and ideas for involving little ones in mealtime routines. Support your child's health and development—one healthy bite at a time!

JUNE

Dangerous Teen Trends

Tuesday, June 2, 2026

9am - 11am

[Virtual session #112812](#)

In today's world, parents of adolescents must be informed about dangerous teen trends that can significantly impact their well being. The session will aim to provide parents with insights into prevalent risks, including vaping, fentanyl abuse, human trafficking, social media pitfalls, as well as eating and sleeping habits. By understanding these trends and their implications, parents can better equip themselves to support and safeguard the adolescents in their lives.

Play & Learn: Positive Guidance and Techniques

Wednesday June 3, 2026

9am - 11am

[Session #112693 \(In-person only\)](#)

Parenting can be challenging, but positive guidance can make all the difference! Join us for an insightful workshop on Positive Guidance and Techniques, presented in partnership with KLRN's Early Childhood Program. This session will provide you with practical strategies to foster respectful communication, manage challenging behaviors, and encourage your child's emotional and social growth—all with a positive, supportive approach. Build a strong, positive relationship with your child and set them up for success with these helpful techniques!



Triple P Seminar 3: Getting Teenagers Connected

Thursday, June 4, 2026

5pm - 6:30pm

[Virtual session #112807](#)

Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:

- Being confident.
- Being socially skilled.
- Planning ahead.
- Meeting commitments.
- Keeping in contact.
- Taking care of others.

This session will be delivered by community partner SA Metropolitan Health District.

Play & Learn: Getting Ready for Kinder

Tuesday, June 9, 2026

9am - 11am

[Session #112694 \(In-person only\)](#)

Is your child ready for the exciting adventure of kindergarten? Join us for an informative and interactive workshop on Getting Ready for Kindergarten, presented in partnership with KLRN's Early Childhood Program. This session will help you understand key developmental milestones, school-readiness skills, and strategies to ease the transition into kindergarten—both academically and emotionally. Let's work together to make the first day of kindergarten a smooth and confident start for your child!

Promoting Communication and Social Development for Children With Autism

Wednesday, June 10, 2026

9am - 11am

[Virtual session #113090](#)

(Session is delivered in Spanish.)

Join us for this parenting workshop focused on practical strategies to support communication and social development in children with autism at home. We will explore effective tools to foster positive interactions, strengthen social skills, and create a home environment that promotes connection and growth. This workshop is an excellent opportunity to learn, share experiences, and feel supported along the way.

Connecting Head Start Safety Standards to the Home

Thursday, June 11, 2026

9am - 11am

[Virtual session #113643](#)

Safety is a critical priority every day in the classroom and throughout the campus location where your children attend school! Join Head Start Safety Facilitators as they share safety guidelines while making connections to these safety standards and your home. Participants will learn safety tips and walk away with practical tools to implement at home. Let's all do our part in KEEPING IT SAFE!





PARENTS AS TEACHERS

Parents as Teachers is a free home visiting program for families with children ages 0-5 living in Medina County. We support families by focusing on their child's development, learning, and health.



OUR SERVICES

- Personalized home visits
- Monthly group connections
- Developmental and health screenings
- Resource and referral network

FOR INFORMATION

Scan the QR code or contact us at:

(210) 370-5219

HOPES@esc20.net



EDUCATION SERVICE CENTER, REGION 20

Head Start | Parent Courses

Explore a variety of free online courses created just for parents!

Topics include child development, positive discipline, toilet training, safety, managing money, building strong relationships, and more.

Discover helpful courses on health and nutrition to support your family's well-being. Learn practical tips and trusted information at your own pace, from the comfort of home.

These courses were developed using federal Head Start funds for members of the ESC-20 Head Start program; however, the information they contain is useful for any parent or guardian.





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