

# PDHP PAR

PROGRAM FOR THE DEVELOPMENT OF HUMAN POTENTIAL

PARENTS AS A RESOURCE

CARY ANNE FITZGERALD

PARENT/COMMUNITY OUTREACH COORDINATOR

cfitzgerald@pdhpbklyndioocese.org · 718-871-7777

PROVIDING **FREE** PARENT/CAREGIVER & FACULTY SUPPORT AND EDUCATION THROUGH WORKSHOPS AND EVIDENCE-BASED CURRICULUM GROUPS, DESIGNED TO SUPPORT PDHP'S MISSION OF PREVENTION TO ALL THE ELEMENTARY & HIGH SCHOOLS OF THE BROOKLYN DIOCESE IN ALL REGIONS OF BROOKLYN AND QUEENS.

BASED ON AVAILABILITY, BOOKINGS MAY BE MADE AT LEAST TWO WEEKS IN ADVANCE TO PROVIDE FOR ADEQUATE TIME TO MARKET EVENTS AND REPORT **RSVPs**. AS THIS POSITION RUNS ON A FLEXIBLE SCHEDULE, BOOKINGS CAN BE MADE FOR A VARIETY OF TIMES. HOWEVER, COMMUNICATION IS KEY AS OUR FUNDING OFTEN RELIES ON NUMBERS IN ATTENDANCE AND TO ALLOW FOR NECESSARY SCHEDULE CHANGES TO ENSURE THE UNIQUE NEEDS OF ALL SCHOOL COMMUNITIES.

*SHARED ACADEMY/SCHOOL BOOKINGS ARE ENCOURAGED WHETHER ON-SITE OR VIRTUAL!*

ONCE A BOOKING IS SET, A FLYER WILL BE EMAILED TO THE POINT PERSON ABOUT A MONTH PRIOR TO ITS DATE. IT IS UP TO THE POINT PERSON TO CONFIRM RECEIPT & REPORT ANY CHANGES TO THE BOOKING OR MESSAGING AT THIS TIME. **THE RSVP DATE WITH MINIMUM FOR ONSITE EVENTS IS SET FOR A WEEK BEFORE THE EVENT AND MUST BE REPORTED BY END OF BUSINESS THE FOLLOWING DAY. IF THE MINIMUM IS NOT MET, THE EVENT WILL TRANSITION TO A VIRTUAL EVENT WHERE APPLICABLE.** I WILL FOLLOW UP WITH ANY REQUIRED ITEMS/ARRIVAL TIME FOR THE EVENT.

*VIRTUAL MEETINGS ARE STILL THE MOST POPULAR PARENT REQUEST AND REMOVE THE MANY BARRIERS THAT KEEP IN-PERSON ATTENDANCE AT A MINIMUM!*

REGARDING VIRTUAL MEETINGS, THE SCHOOL/ACADEMY WILL PROVIDE A SECURE ZOOM LOGIN OR REQUEST ONE FROM **PDHP** PRIOR TO THE WORKSHOP. SAID WORKSHOP WILL BE SET WITH A WAITING ROOM AND PARENTS WILL GAIN ADMITTANCE WITH THEIR NAME ON SCREEN.

LOOKING FORWARD TO WORKING WITH YOU!

**PDHP PAR**  
**Program for the Development of Human Potential**  
**Parents As a Resource**

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**SINGLE SESSION WORKSHOPS FOR PARENTS**

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**A Mindful Journey** *(previously "A Mindful Student")*

*How anxiety affects our families, ways Mindfulness can help, practices we can use to support ourselves and our families.*

*For parents/caregivers of all ages*

**New Version!**

**Claim the Name: Bullying or Bad Behavior**

*...Principal should be present...*

*We hear so much about bullying these days, why and what is it exactly?  
What forms does it take? Who is affected and how? How can we act preventively? What is NOT bullying?*

*For parents/caregivers of all ages*

**Foundations of Friendship**

*By exploring the origins of friendships, finding emotional connections, identifying obstacles and solutions together, parents & caregivers will build their ability to support their child/children's peer relationships.*

*For parents/caregivers of children in grades K-5*

**Preventive Parents**

*How and when to speak to your child about current drug trends, like vaping, marijuana, and alcohol.*

*For parents/caregivers of all ages*

**See You Later, Alligator**

...Principal should be present...

*Strategies and skills for the parents & care-givers of the early childhood student.*

*For parents/caregivers of three to seven-year-olds*

**“So, THAT’S What You Meant To Say!?”**

*Clear Communication in A Digital World*

*For parents/caregivers of all ages*

**#parents: Social Media and Your Child**

*Smartphone safety, trends and tips to help keep your child connected safely.*

*For parents/caregivers of all ages*

**MINI-CHATS**

**The Power of Prevention** – PDHP Overview

**Did You Know?** – Underage Gambling Prevention Mini-Grant Community Chat

Pre-recorded sessions followed by Live Chat:

**Cannabis Edibles** - What parents/caregivers need to know about Cannabis Edibles. Strategies to keep your child safe from accidental ingestions and risk.

**Summer Tech** – Reevaluating the role of technology in our children’s and family’s lives.

**Mindful Mini-Chat** – Experiential mindfulness practice pieces and reflection.

**MANAGING HOLIDAY STRESS SERIES**

**Thankful, Grateful, Stressed** – Thanksgiving

**When It’s NOT the Most Wonderful Time of The Year** – Christmas

**LOOKING FOR MORE SUPPORT?**

**POSITIVE PARENTING PROGRAM**

**Triple P & Triple P Teen**

Maximum 30 participants

*Four two - hour sessions supporting parent discussion groups offered together or as separately.*

*This free service will be offered **Diocesan-wide** during the school year and facilitated by accredited facilitators.*

Triple P:

- *Dealing with Disobedience*
- *Developing Good Bedtime Routines*
- *Hassle-Free Dining*
- *Hassle-Free Shopping with Children*
- *Managing Fighting and Aggression*

For Parent/Caregivers of Ages 0-12

Triple P Teen:

- *Building Teenagers' Survival Skills*
- *Coping with Teenagers' Emotions*
- *Getting Teenagers to Cooperate*
- *Reducing Family Conflict*

For Parent/Caregivers of Ages 13-17

**FOLLOW ALONG ON**

[www.facebook.com/PDHPParents](http://www.facebook.com/PDHPParents)

*Parenting tips, trends, sharing & encouragement for all parents and caregivers.*

*Instagram - PDHPNY*

PDHP - <https://www.facebook.com/programforthevelopmentofhumanpotential>

**FACULTY RESOURCES**

*90 Minutes Required for All Faculty Workshops*

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**Mindfulness: Today Is For You**

*How anxiety affects our students (& us), ways Mindfulness can help, what we can do to support our students' academic performance from a social/emotional perspective, and strategies to foster a mindful atmosphere.*

**Preventive Partners**

*How and when to speak to your students about current drug trends, like vaping, marijuana, and alcohol.*

**Faculty Cohesion**

**Same Boat**

*Bonding, Sharing and Building Unity as a Staff*

**Keep in touch!**

**Cary Anne Fitzgerald  
Parent/Community Outreach Coordinator  
PDHP  
Program for the Development of Human Potential  
Department of Education, Diocese of Brooklyn**

**[CFitzgerald@PDHPBKlynDiocese.org](mailto:CFitzgerald@PDHPBKlynDiocese.org) 718-871-7777 [pdhpbklyndiocese.org](http://pdhpbklyndiocese.org)**

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