

# CITY OF ST. CHARLES SCHOOL DISTRICT Parent University



## Workshop Sessions Offered

### Academic Support

- *Parenting in the Digital Age (Navigating and Monitoring Social Media)*
- *Are AP Courses Right for My Student?*
- *Developmentally Appropriate Activities for Early Childhood*
- *Love and Logic - Discipline at Home*
- *Free Library Resources from the St. Charles County Public Library*

### Health and Wellness

- *Hidden in Plain View: An interactive presentation and display*
- *Anxiety and Supporting Your Anxious Child*
- *Peaceful Problem Solving*
- *Helping Parents Spot Risky Behaviors*
- *Nutrition for Kids and Teens*
- *CPR Training*

### Preparing for College

- *CAPS, A+, and CTE programs*
- *Preparing your child for the ACT*
- *Saving for College*
- *FAFSA Frenzy (including scholarships and grants available for college)*

## When:

Saturday, March 9, 2019

## Time:

- 8:00 am - 9:00 am -  
Registration and Vendor Fair
- 9:00 - 9:50 am - Session 1
- 10:00 - 10:50 am - Session 2
- 11:00 - 11:50 am - Session 3

## Where:

Jefferson Intermediate School  
2660 Zumbahl Road  
St. Charles, MO 63301

## Cost:

Free to District Residents

Please register at:

[tinyurl.com/SCSDParentUniversity](http://tinyurl.com/SCSDParentUniversity)