

STRONGER TOGETHER

WORKSHOPS FOR FAMILIES

The Alaska Family Engagement Center (AFEC) staff provides tailored workshops for families, offering resources that enhance family-school partnerships and improve student outcomes.

WHY INVEST IN FAMILY WORKSHOPS

Structured workshops with parents can support district goals. Family engagement is linked to:

- Improved academic performance
- Better attendance
- Positive student behavior
- Increased student motivation
- Higher graduation rates

REGIONALLY TAILORED FAMILY WORKSHOPS: DELIVERY OPTIONS

Alaska Family Engagement Center Hosts: AFEC staff host conversations or deliver the training via Zoom. School staff is responsible for scheduling, recruiting, and sharing information with participating families.

School Staff or District Staff-Led: School staff take the lead and host conversations or training via Zoom or in person. Staff recruits, hosts, facilitates, and follows up with families. The Alaska Family Engagement Center staff helps with preparation, provides coaching, and offers materials to ensure a successful workshop.

HOW IT WORKS

1. School or district staff meet with the AFEC Staff to decide topic(s), the number of sessions, delivery style, and tailors content.
2. Designated schools choose a date and time, create invitations, and recruit families.
3. The AFEC staff delivers workshops (or 4)
4. The AFEC staff provide materials and prepares local facilitators.
5. School shares follow up resources.

WHAT'S INCLUDED

- Experienced AFEC workshop facilitator or coach to ensure an effective family workshop
- Invitation templates, communication tools, and flyers
- Structured workshop guide, presentation and discussion tools
- Resources to support at-home extension and learning
- Professionally designed handouts and worksheets
- Links to related materials in the AFEC digital library and podcast recordings

Schedule a Consultation with Lisa Worl: lworl@asab.org

WORKSHOP TOPICS

Helping Your Child Navigate Life After High School (75 minutes)

- Finding the future: How to help our kids find their path
 - Funding the future: There is a lot money available, if you know where to look
-

Family Voice: How to Help Your Child Thrive this School Year (75 minutes)

- Tips for supporting our kids' school journey
- Families' rights, roles, and how to speak up for our kids' needs
- Build skills & confidence in communicating and navigating the school system

Recommended: Co-facilitate this session with parent(s) or parent group.

Online Safety and Digital Well Being (75 minutes)

- What's safe and what could be dangerous in the digital world
 - Using technology to set limits & keep our kids safe
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Mental Health Resources for Students and Families (75 minutes)

- Learn how to access local and statewide mental health resources and services
- Recognize when a child may need additional help, strengthen safety, and connection.

Offered through a designated AFEC trauma-informed trainer or approved trained host.

Helping Our Kids (and Us!) Keep Calm & Carry On (Two-part sessions; 1.5 hours each)

- We all have tantrums: how to manage difficult behavior
- More tools for supporting our children through hard moments

Offered through a designated AFEC trauma-informed trainer or approved trained host.

Host Family and Student Nights: Additional Resources Available

- Family Night Reading Toolkits - Resources to host family nights with kids and adults
- Bridging- Life after high school planning kits for middle school students and families

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