

Parent Education Series for all Inglemoor Parents & Caregivers
ANCHORED FAMILIES: 5 MUST HAVE TOOLS IN YOUR PARENTING TOOLBOX
Supporting Your Child's Emotional Well-Being



Anchored Families is founded upon the principles of joy, connection and trauma-informed practices. How we show up for ourselves and our kids impacts our ability to experience joy and true connection. Now, more than ever, is the time to deepen adult well-being and confidence by focusing on creating trauma-informed environments for families through a holistic approach that includes considerable and sustainable care for the adults.

To support parents in doing just that, Cher Anderton, MSW, LSWAIC has created an innovative online course composed of five asynchronous modules accessible any time throughout the subscription year, a workbook and twice monthly live online coaching where parents can dive deeper into implementation and practice of the 5 Must Have Tools In Your Parenting Toolbox. By intentionally practicing these tools, we can learn to model the very skills we want our kids to emulate. The course was created using concepts from evidence-based practices such as Positive Discipline (a parenting approach that is culturally responsive and mutually respectful of kids and adults) and social and emotional learning competencies from The Collaborative for Academic, Social and Emotional Learning (CASEL).

Below is the information you need to enroll in the course. Each caregiver (one per household) needs to click through the link, fill in the necessary information and use the coupon code before checking out.

<https://www.anchoredsel.com/inglemoor>

COUPON CODE: INGLEMOOR

Once enrolled, you will receive an email from Anchored SEL, LLC anchored-sel-llc@d.kajabimail.net with everything you need to participate! Please make sure you can receive emails from this address.

Live Community Calls are on the following dates and times:

2/3, 3/3, 4/7 and 5/5 @ 6:30pm PST

1/20, 2/17, 3/17, 4/21 a n d 5/19 @12pm PST

Please contact Jessica Parrott, School Counselor at jparrott@nsd.org, Shawn Rainwater, Assistant Principal at srainwater@nsd.org or Erica Hill, Assistant Principal at ehill@nsd.org with questions. Visit www.cheranderton.com for additional information about Cher and the course, or connect with her directly at: cher@cheranderton.com, (206)949-8618. All materials will also be posted on the IHS Counseling Schoology Course for Parents & Caregivers, join using this access code: **R84C-GKZ5-4TT9C**



Brought to Inglemoor by the IHS Counseling Department and co-sponsored by Inglemoor PTSA.

