

Current Parent Workshops

Brought to You By: The Hangout Spot, LLC.

The Hangout Spot, LLC is pleased to offer the following parent workshop opportunities. All workshops are rooted in the science of Applied Behavior Analysis, defined as the science of learning and behavior, and facilitated by a Board Certified Behavior Analyst. All workshops include access to a free *Parenting Guide* download related to the training content. Connect with us to set up a parent workshop at your organization today!

Less Emojis, More Emotions: Transitioning from Technology Time to Social Time

Today's children are growing up in a world that is inundated with technology, and unfortunately, excessive use of video games, social media, and other technology-related platforms can be detrimental to a child's social development. This workshop first identifies the risks excessive use of technology can present to a child's well-being and provides a forum in which participants can discuss the challenges they encounter when parenting in today's technology-driven world. Then, parents receive evidence-based training on ten easy, highly effective strategies they can implement to successfully replace excessive technology-use with quality social time. Parents gain access to a free *Parenting Guide* download related to the workshop.

A Parent's Guide to Playdating Wins

Playdating represents a critical experience through which children develop the social skills needed to successfully navigate their world. However, for some children, a playdate does not come naturally and instead may begin to feel like "Mission Impossible". This workshop highlights common challenges parents encounter when facilitating playdates and provides evidence-based strategies families can use to transform playdating into a successful, rewarding experience for parent and child alike. Participants gain access to a free *Parenting Guide* download related to the workshop.

Understanding the Play Progression: What to Look For and When to Act

Play is an essential component of healthy child development, and as children grow, they progress through various play milestones. Having a general sense of how children's play typically evolves can alleviate parental stress and guide families in selecting developmentally-appropriate activities for playtime. In this workshop, parents gain an in-depth understanding of what constitutes age-appropriate play across the developmental progression, learn to identify warning signs that additional supports may be needed, and are empowered to select toys and activities that promote play learning. Participants gain access to a free *Parenting Guide* download related to the workshop.

Lead-Her-Ship: Empowering Girls to Find and Use Their Voice

Studies show that parents are among the most powerful teachers and influencers for young girls through high school. Parental relationships are the primary means by which girls have the opportunity to learn the leadership skills that will serve them through a lifetime. This workshop identifies pivotal skills that, if taught to girls at a young age, allow them to authentically and

powerfully engage in decision-making in all areas of their lives. In addition, parents are provided with “real-life” strategies they can use to foster skill development. Participants gain access to a free *Parenting Guide* download related to the workshop.

Quality Indicators of Effective Social Skills Instruction

Families seeking social skills instruction for their children are faced with the daunting challenge of selecting a provider with whom they can entrust the teaching of incredibly complex skills. The options can be confusing, ranging from mental health providers, to school-based professionals and recreational programs. Parents often find themselves enrolling their children in programs with the lingering worry- “will this actually work?” This workshop empowers parents to distinguish between a high-quality, evidence-based social skills program and an ineffective intervention unlikely to promote progress. Participants gain access to a free *Parenting Guide* download related to the workshop.

Presenters

Justyna Balzar, M.Ed. BCBA LBA (CT) and **Meghan Cave, M.Ed. BCBA LBA (CT)** are the Co-Founders and Chief Executive Officers of The Hangout Spot, LLC, coming soon to Fairfield County as Connecticut’s first center using the **fundamentals** of science to foster social smarts by providing instruction in a safe, fun, inclusive “home away from home” environment. The Hangout Spot is a behavior analytic social skills development center where we believe that all children have a right to meaningful relationships with others. We strive to eliminate barriers to friendship and empower children to be socially successful across the lifespan using the principles of Applied Behavior Analysis. Everything we do is rooted in research, empirically validated, and proven to work. We conceptualize critical, previously considered “tricky to teach” skills through a scientific framework. In doing so, we achieve socially significant change for our clients, by providing the support they need to develop real connections with other people beyond our walls.

To learn more and follow our grand opening, visit www.thehangoutspotllc.com, and connect with us on Facebook or Instagram @thehangoutspotllc.