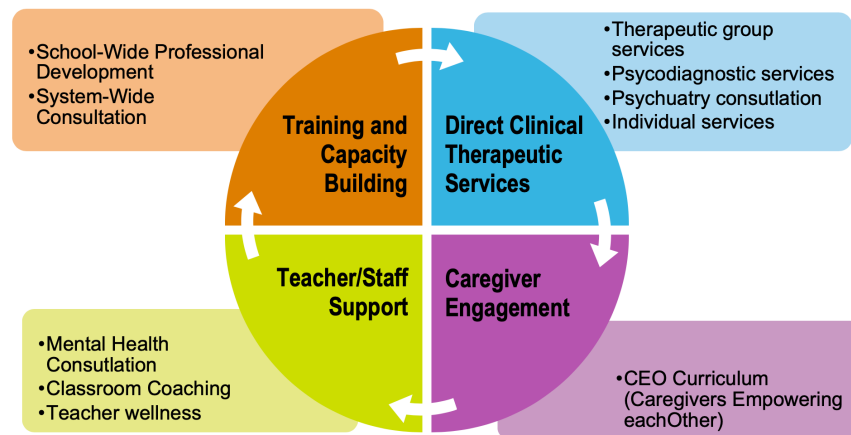




## Caregivers Empowering Each Other (CEO) Program

This year, Latin is partnering with the Medstar Georgetown WISE Center, to further enhance the already thriving Mental Health program at Latin. WISE partners with schools to deliver the following services:



**CEOs** is a network that engages and connects caregivers and is hosted by the MedStar WISE Center. Weekly group meetings include a WISE consultant and 3-4 other caregivers. Here, caregivers share their stories, receive consultation for their families, and teach, learn from, and support one another.

At Washington Latin, we will adapt this curriculum to be **a monthly open session to all parents** who wish to come and learn and connect on specific topics and issues that pertain to the health and wellness of their children and themselves.

**The Calendar of Events** this year at Latin is the following:

- **Thurs, September 28th:** Session 1: #CEO<sub>okay</sub> – *Self-Care for Busy Caregivers*
- **Tues, October 22<sup>nd</sup>\***: Session 2: *Little Brains, Big Behavior – Why Humans Do What They Do*
- **Tues, November 19<sup>th</sup>\*** (co-located with PFA Forum): Session 3: *Who's the Boss? – Relationship Building in 5 Minutes*
- **Mon, December 16<sup>th</sup>:** Session 4: *Who's the Boss? – Managing Behavior with Empathy and Limits*
- **Weds, January 22<sup>nd</sup>:** Sessions 5: *CEO to the Rescue- Helping my Child Calm Down*
- **Thurs, February 27<sup>nd</sup>:** Session 6: *Navigating Schools- Being Your Child's Best Academic Advocate*
- **Weds, March 18<sup>th</sup>** (co-located with PFA Forum): Session 7: *Navigating Mental Health Treatment: Being Your Child's Best Mental Health Advocate*
- **Thurs, April 23<sup>rd</sup>** (co-located with PFA Forum): Session 8: *Healthy Habits for Kids: Screen Time, Sleep, and Nutrition*

\* Note that all sessions will be led by Anna Jesseman, former Director of Mental Health and Student Support at WLPCS, with the exception of the October and November dates when she will be on maternity leave. During this time, another clinician with WISE will step in to lead sessions.