



Mission-Driven Learning & Development from Community Solutions

Educators Learning Pathway - Proposed Scope of Work

Learning Partner: Morgan Hill Charter School
CS Learning Contract Lead: Matthew Rensi, L&D Clinical Manager
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Summary: School leadership is seeking learning workshops to be presented to the parents of students who attend their special education programming.

Details: Each workshop is 60 minutes long and will be facilitated via Zoom. 4 Workshops for \$2200, with \$250 added for each recording for a total of \$3200.

Course Title 1	Understanding Anxiety & Its Impact on Children	
Description	Anxiety impacts both youth and their caregivers; it has become commonplace in our post-COVID society and can have deleterious effects on our lives. This course will explore what anxiety is, how to identify it, and ways to support yourself and your children.	Feb 28 th 6:30-7:30 PM
Training Facilitator	Matthew T. Rensi, Ph.D., LPCC	
Course Title 2	Recognizing and Supporting Social Emotional Learning	
Description	Research demonstrates that learning how to recognize and regulate emotions, and to interact socially is an important factor in overall life success. This course discusses how to recognize emotions, what to do with those emotions and how to interact with others in various emotional states.	March 21 st 6:30-7:30 PM
Training Facilitator	Matthew T. Rensi, Ph.D., LPCC	
Course Title 3	Parenting Techniques to Building Resilience	
Description	Parenting is a challenging job and figuring out how to support and guide our children who are under stress can seem impossible. This course will explore how stress	April 4 th 6:30-7:30 PM

	impacts our brains, what we can do to prevent its negative impacts and parenting tools to build empathy and resilience in our children and families.	
Training Facilitator	Melissa Santos, BSW	
Course Title 4	Superpowers of Stress, Sleep and Self-Care	
Description	Stress and sleep have a profound impact on the body and impact the way we function and the quality of our life. This workshop takes current research with a focus on self-care and improving how students (and their parents) can better manage stress and sleep in order to be more joyful, effective and fulfilled in school, work and their personal lives.	May 16 th 6:30-7:30 PM
Training Facilitator	Matthew T. Rensi, Ph.D., LPCC	