

LAUNCHING WITH CONFIDENCE: **Senior Edition**

DVD 12th Grade Parent/Guardian Resource Group

Magdalena Garcia, Ma.Ed, Parenting Coach and parent of a recent DVD graduate, invites all DVD Parents and Guardians of a 12th grader to join for a six-session series designed to help you navigate the emotional, practical, and developmental challenges of senior year.



Senior year is filled with milestones, decisions, and transitions. The emotional work is real! While students prepare for life after high school, parents face a transition of their own: changing family roles, college/career decisions, increased independence, and often grief about an ending while celebrating a beginning.

Through discussion, reflection, and practical tools, you'll strengthen your ability to lead your family through one of the most significant transitions of adolescence.

Workshop dates and details : Occurring every 6-8 weeks, online on Wednesdays from September-May 2027

- **Session 1 – Sep 30:** How do we prepare ourselves and our child for launch?
Becoming the CEO (Chief Emotional Officer) of your family in this transition
- **Session 2 – Nov 18:** How do we support without taking over?
Building capacity and resourcefulness
- **Session 3 – Jan 13:** How do we stay connected while stepping back?
Building resiliency and trust
- **Session 4 – Mar 3:** How do we help students recognize who they are and have become?
Encouraging and recognizing self-awareness
- **Session 5– April 14:** What kind of relationship do we want with our young adult?
Moving from Manager to Consultant
- **Session 6 – May 26:** How do we create a new family relationship?
Preparing for the First 100 Days after graduation

Time: 7-8 PM **Location:** Online (Zoom) **Cost:** FREE

Registration:



You are welcome to attend as many of the six workshops as works for you. While each session builds on the previous one and attending the full series is recommended for the greatest benefit, you can join wherever it makes the most sense for you.