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## Fillmore Central School District

Dear Parents & Caregivers,

This year has presented a number of challenges for parents/caregivers. One way we thought we could provide a safe and supportive network to our families was through parent meetings. **Fillmore is partnering with CA-BOCES Community Schools Resource Coordinator, Katie Mendell. Katie Mendell will be facilitating regional groups to parents/caregivers called Parent University. Parent University will provide the opportunity for you to connect, learn and support other parents within the region.**

Each monthly session will follow a similar format:

- Connection & Support (10 minutes)
- Education & New Learning (40 minutes)
- Sharing Resources and Questions/Answers

**The first regional Parent University is January 21<sup>st</sup> from 6pm-7pm discussing Pandemic Parenting.** This session will allow parents and caregivers to connect on the challenges of parenting during the pandemic. Learn specific tips on managing behaviors in the home, navigating & balancing the new normal and available community resources. In addition, opportunities will be provided for discussions specific to age-ranges & grade levels for their children. Use this link to register: [January Parent University Meeting](#)

To see if parents/caregivers are interested in attending a FCS Parent University, we invite you to complete a quick survey. FCS Parent University will be separate from the regional meetings and will focus more on topics you choose. Click this link: [FCS Parent University Meetings](#)

For any questions, please contact Ms. Bailey at 567-2270/716-244-7705.

Thank you!