

Helping Communities Have Difficult Conversations

COMMUNITY WELLNESS & PARENT INFORMATION NIGHT

For Schools, Churches, Community Organizations

FULL EVENT PROPOSAL

Event Purpose

The purpose of this event is to create a collaborative, community-focused evening that equips parents and caregivers with practical information, prevention education, local resources, and support related to youth wellness and safety.

This event is designed to:

- Strengthen connections between families, schools/churches, and community organizations
- Provide parents with accessible education on current youth-related issues
- Increase awareness of local supports and services
- Encourage prevention-focused conversations
- Build stronger, safer, and more informed communities

EVENT FORMAT

Rotating Workshop Model

Parents attend four 20-minute workshops presented by professionals, educators, advocates, or community partners.

At the conclusion of each session, parents rotate to a new workshop room.

This structure:

- Keeps the evening engaging
- Allows parents to learn from multiple experts

- Encourages attendance and participation
 - Creates manageable, focused discussions
 - Allows flexibility in topic selection
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SAMPLE WORKSHOP TOPICS

Safety & Prevention

- Age-Appropriate Consent Education
- Domestic Sex Trafficking Awareness & Prevention
- Vulnerabilities: Who Is Susceptible and Why
- Healthy Relationships & Abuse Prevention
- Internet Safety & Cyberbullying
- Sextortion & Online Exploitation
- Social Media Safety
- Substance Awareness & Prevention

Mental & Emotional Wellness

- Youth Mental Health
- Anxiety, Stress, and Emotional Regulation
- Grief & Loss Support
- Building Resilience in Children and Teens
- Self-Esteem & Confidence
- Suicide Awareness & Prevention Resources
- Family Communication Strategies

Parenting & Community

- Parenting in a Digital World

- Supporting Neurodiverse Children
 - Navigating Peer Pressure
 - Helping Children Build Healthy Boundaries
 - Conflict Resolution at Home
 - Community Resources for Families
 - Understanding Trauma & Adverse Childhood Experiences
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COMMUNITY RESOURCE TABLES

Local organizations and businesses may be invited to host informational booths or tables throughout the event.

This creates opportunities for:

- Increased community collaboration
- Resource awareness for families
- Networking between organizations
- Relationship-building within the community

Suggested Organizations & Community Partners

- Mental health organizations
- Youth outreach programs
- Public health units
- Police/community safety officers
- Libraries
- Recreation/community centres
- Grief support services
- Family counselling agencies
- Child and youth advocacy organizations

- First aid organizations
 - Victim services
 - Addiction support organizations
 - Youth mentoring programs
 - Cultural/community support groups
 - Wellness-focused local businesses
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SAMPLE EVENT SCHEDULE

Suggested Early Evening Timeline

4:45 PM – 5:15 PM

- Set up for presenters, organizations, and vendors

5:15 PM

- Doors Open
- Families visit community booths/resources

5:30 PM – 5:45 PM

- Welcome presentation
- Opening remarks
- Optional student choir/music/performance

5:45 PM – 6:00 PM

- Transition to workshops
- Grab-and-go dinner for adults
- Student wellness activities or supervised childcare with Pizza.

6:00 PM – 7:20 PM

- Parent Workshop Rotations

- Four 20-minute sessions

7:20 PM – 7:30 PM

- Closing remarks
 - Thank-you acknowledgements
 - Door prize draws
 - Final booth visits
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OPTIONAL ENHANCEMENTS

Childcare / Youth Activities

For elementary or family-oriented events:

- Provide supervised childcare
- Engage older students/volunteers to assist
- Offer wellness-themed activities for children

Suggested activities:

- Crafts
 - Games
 - Mindfulness stations
 - Fitness activities
 - Movie room
 - Reading corner
 - Team-building activities
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FOOD & COMMUNITY SUPPORT

Local restaurants and businesses may be approached to sponsor:

- Parent meals/snacks
- Pizza for children
- Refreshments
- Water bottles

This creates:

- Increased community engagement
- Business visibility
- Reduced event costs
- Greater accessibility for families

DOOR PRIZES & COMMUNITY DONATIONS

Local businesses may be invited to donate:

- Gift cards
- Family activity passes
- Wellness baskets
- Restaurant certificates
- Recreation memberships
- Books/resources

Door prizes help:

- Increase attendance
- Encourage community participation
- Create a welcoming atmosphere

POSSIBLE FUNDING SOURCES & GRANTS

Because this event focuses on prevention, youth wellness, family support, and community safety, there may be funding opportunities available through local, provincial, or national organizations.

Potential areas for funding include:

- Mental health initiatives
- Violence prevention
- Human trafficking prevention
- Abuse prevention
- Youth wellness programming
- Community safety initiatives

Suggested Grants & Funding Opportunities (Canada)

Can source out Grant options for other countries.

- [Public Safety Canada – National Strategy to Combat Human Trafficking](#)
- Ontario Trillium Foundation
- [Canadian Women’s Foundation Grants](#)
- [Bell Let’s Talk Community Fund](#)
- [Canadian Red Cross Community Programs](#)
- Ontario Ministry of Education – Parent Reaching Out Grants

WHY THIS EVENT MATTERS

Communities are strongest when families, educators, faith groups, advocates, businesses, and local organizations work together.

Parents want practical information.

Youth need informed and connected adults.

Communities benefit when prevention and education happen before crises occur.

This event creates an environment where families feel supported, informed, and connected — while also strengthening relationships across the broader community.

ADDITIONAL SUGGESTIONS

These ideas could make the event even stronger:

Resource Take-Home Packages

Provide families with:

- Emergency contacts
- Mental health resources
- Online safety guides
- Community program lists
- Parent discussion guides

Anonymous Question Box

Allow parents to submit anonymous questions for speakers.

Follow-Up Resources

Email attendees:

- Speaker handouts
- Community resources
- Helpful websites
- Upcoming workshops/events

Teen Leadership Involvement

Older students can:

- Volunteer
- Help with childcare

- Run wellness stations
- Assist with registration
- Present peer-led awareness projects

To learn more contact Owner of Parent With Purpose



Lynda Harlos

Speaker, Author, Certified Family Coach
Mom of a Sex Trafficking Survivor

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Heartfelt Thanks to

Tana Ward

Principal of W.C. Little Elementary School

For giving us the example of this Amazing Event