



THRIVE TOGETHER PARENT SUMMIT

Growing Healthy Brains Through Healthy Homes

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THRIVE TOGETHER PARENT SUMMIT

MAY 6th, 2026

Location: Embassy Suites in Downey, CA

Price: \$99 USD per participant

Families shape the environments where children's brains grow, learn, and heal. The Thrive Together Parent Summit (TTPS) is a one-day experience designed to support parents and caregivers with practical, research-informed tools to strengthen connection, learning, and well-being at home.

Parents learn:

- How the brain develops through adolescence
- How stress impacts learning, behavior, and attendance
- Why home routines shape brain wiring
- The power of connected, regulated caregivers

CONFERENCE STRANDS

Healthy Brain Development for the Student, the Family & Me

The Regulated Caregiver (Parent Wellness & Leadership)

Academic Motivation & Learning Support

Cellphones, Substance abuse, and Curefews

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SCHEDULE



Time	Cohort 1	Cohort 2	Cohort 3	Cohort 4 (Spanish)
8:00-9:00am	REGISTRATION			
9:00-9:30am	Keynote Session: Dr. Daisy Gomez			
9:45-10:45 am	Strand 1: Healthy Brain Development for the Student, the Family & Me	Strand 2: Academic Motivation & Learning Support	Strand 4: Cell Phones, Substance abuse, and Curfews	Strand 3: The Regulated Caregiver (Parent Wellness & Leadership)
11:00-12:00pm	Strand 2: Academic Motivation & Learning Support	Strand 1: Healthy Brain Development for the Student, the Family & Me	Strand 3: The Regulated Caregiver (Parent Wellness & Leadership)	Strand 4: Cell Phones, Substance abuse, and Curfews
12:00-1:00pm	LUNCH (Provided)			
1:15-2:15pm	Strand 4: Cell Phones, Substance abuse, and Curfews	Strand 3: The Regulated Caregiver (Parent Wellness & Leadership)	Strand 1: Healthy Brain Development for the Student, the Family & Me	Strand 2: Academic Motivation & Learning Support
2:30pm-3:30pm	Strand 3: The Regulated Caregiver (Parent Wellness & Leadership)	Strand 4: Cell Phones, Substance abuse, and Curfews	Strand 2: Academic Motivation & Learning Support	Strand 1: Healthy Brain Development for the Student, the Family & Me

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GET TO KNOW THE TRAINERS



Carlos Alvarez – Mr. Carlos Alvarez is a speaker, researcher, and innovator in Right Brain Restorative Practices. With a graduate degree in Forensic Psychology specializing in sexual deviancy and an undergraduate degree in Criminal Justice focused on juvenile offenders, Carlos has extensive expertise in the field. As the founder and trainer in Right Brain Restorative Practices, he is committed to transforming school discipline and culture. His work aims to address youth and community violence through innovative approaches. Carlos's dedication to restorative justice practices has made him a leader in reshaping how schools and communities handle conflicts and behavioral challenges. His efforts have positively impacted countless schools, parents, administrators, teachers, and students.



Dr. Will Pulgarin – Dr. Will Pulgarin brings over twenty years of experience in education, having worked in public, private, and charter school settings across diverse communities. Throughout his career, he has served as a teacher, vice principal, and principal at both middle and high school levels, gaining an understanding of student development, school leadership, and institutional needs. In these roles, he has led initiatives to improve school climate, strengthen instructional practices, and support the holistic growth of students. Recently, Will earned a Doctorate in Educational Leadership and Innovation from St. Thomas University in Miami, Florida, where his research focused on the effectiveness of character education programs in schools and their impact on student behavior, engagement, and achievement.



Zazil Rojas – Zazil Rojas is a dedicated Family & Student Engagement Coordinator at Building Skills Partnership, with experience at Alliance Neuwirth Leadership Academy. Her holistic approach centers on restorative practices to strengthen parent supports, foster family-school connections, and promote student success through positive relationships and community building. At LAIRP, Zazil contributes to creating environments where families can explore engagement strategies, develop empathy, and take accountability for learning outcomes. Through her work, she helps transform challenges into growth opportunities, empowering parents to support academic motivation and healthy home environments.

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Daisy Gomez – Dr. Daisy Gomez is a Training Manager for the UCLA Prevention Center of Excellence, with an MS in Forensic Psychology and extensive experience in restorative practices. Her approach draws from trauma-informed care, neuroscience, and resilience theory, focusing on supporting high-risk populations impacted by trauma, gang involvement, incarceration, foster care, and substance abuse. Dr. Gomez creates safe environments where participants explore personal histories, emotional regulation, and engage in healing dialogues. Through her work, Dr. Daisy transforms grief and inequities into growth opportunities, advancing racial justice and strengthening families through innovative restorative strategies



Adriana Silva – Ms. Adriana Alvarez is a U.S. Army Veteran, clinician, and researcher with a graduate degree in Clinical Psychology, specializing in Marriage and Family Therapy. She also holds an undergraduate degree in Criminal Justice, focusing on counseling treatment. Adriana's expertise spans both therapeutic practice and investigative research. As a Co-Founder of LAIRP, trainer, and facilitator with right-brain circles, she is dedicated to fostering personal and professional growth through creative and innovative restorative approaches. Her military background, combined with her clinical skills, allows her to offer a unique perspective on mental health and family dynamics, making her a compassionate, effective, and knowledgeable leader at LAIRP.



Karina Vich – Ms. Karina Vich's is a curriculum expert dedicated to the use of restorative practices to resolve conflicts, promote healing, and foster accountability in individuals and groups. Karina's approach draws from principles of social-emotional learning, humanistic psychology, and regulation theory, focusing on how these frameworks can guide individuals in processing emotions, developing empathy, and taking responsibility for their actions. At LAIRP, she contributes to creating safe environments where participants can explore their personal histories, cognitive barriers, and engage in meaningful conversations. Through her work, Karina helps individuals transform their trauma and grief into opportunities for growth and healing, ultimately contributing to the strengthening of communities through restorative approaches.