



# THRIVE TOGETHER PARENT SUMMIT

*Growing Healthy Brains Through Healthy Homes*





# THRIVE TOGETHER PARENT SUMMIT

MAY 6th, 2026

Location: Embassy Suites in Downey, CA

Price: \$99 USD per participant

[CLICK HERE TO REGISTER YOUR SCHOOL](#)

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

Understanding Your Child's Brain:  
Helping Kids Grow, Regulate, and Thrive

Strong Parents, Strong Kids: Why Your  
Regulation Matters

Helping Your Child Stay Motivated and  
Succeed in School

Navigating Phones, Peer Pressure, and  
Teen Boundaries



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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: Carlos Alvarez			
9:45-10:45 am	Strand 1: Understanding Your Child's Brain: Helping Kids Grow, Regulate, and Thrive	Strand 2: Helping Your Child Stay Motivated and Succeed in School	Strand 4: Navigating Phones, Peer Pressure, and Teen Boundaries	Strand 3: Strong Parents, Strong Kids: Why Your Regulation Matters
11:00-12:00pm	Strand 2: Helping Your Child Stay Motivated and Succeed in School	Strand 1: Understanding Your Child's Brain: Helping Kids Grow, Regulate, and Thrive	Strand 3: Strong Parents, Strong Kids: Why Your Regulation Matters	Strand 4: Navigating Phones, Peer Pressure, and Teen Boundaries
12:00-1:00pm	LUNCH (Provided)			
1:15-2:15pm	Strand 4: Navigating Phones, Peer Pressure, and Teen Boundaries	Strand 3: Strong Parents, Strong Kids: Why Your Regulation Matters	Strand 1: Understanding Your Child's Brain: Helping Kids Grow, Regulate, and Thrive	Strand 2: Helping Your Child Stay Motivated and Succeed in School
2:30pm-3:30pm	Strand 3: Strong Parents, Strong Kids: Why Your Regulation Matters	Strand 4: Navigating Phones, Peer Pressure, and Teen Boundaries	Strand 2: Helping Your Child Stay Motivated and Succeed in School	Strand 1: Understanding Your Child's Brain: Helping Kids Grow, Regulate, and Thrive



# BREAKOUT SESSIONS

## Supporting Healthy Development, Learning, and Family Well-Being

These breakout sessions provide parents and caregivers with practical insights into child and adolescent development. Through a brain-based lens, participants will explore how relationships, emotional regulation, motivation, and boundaries shape the growth and well-being of young people. Each session offers practical strategies parents can use at home to support healthy development and strong family connections.

### Strand 1: Understanding Your Child's Brain: Helping Kids Grow, Regulate, and Thrive

Children's emotions and behaviors are deeply connected to how their brains develop. This session explores how relationships, stress, and daily experiences shape brain development. Parents will learn why children sometimes struggle with emotions and behavior and how supportive relationships help build regulation and resilience.

#### Participants will learn to:

- Understand how brain development influences behavior and emotions
- Recognize how relationships and belonging support healthy development
- Use simple strategies to help children regulate emotions and feel safe

### Strand 2: Helping Your Child Stay Motivated and Succeed in School

Motivation and learning are influenced by emotional safety and connection. This session helps parents understand why children sometimes lose motivation or struggle to focus in school. Participants will learn how stress, pressure, and confidence affect learning and how parents can create conditions that support engagement and academic growth.

#### Participants will learn to:

- Understand how emotions affect focus, motivation, and learning
- Recognize factors that support academic engagement
- Use strategies at home that encourage persistence and confidence



# BREAKOUT SESSIONS

## Strand 3: Strong Parents, Strong Kids: Why Your Regulation Matters

Children often rely on the emotional stability of adults to feel safe and supported. This session focuses on the importance of caregiver wellness and emotional regulation. Parents will explore how their own stress and emotional responses influence their children and learn practical ways to remain calm, present, and supportive during challenging moments.

Participants will learn to:

- Understand how a parent's emotional state influences children
- Recognize signs of stress and burnout in themselves
- Practice strategies that strengthen emotional balance and presence

## Strand 4: Navigating Phones, Peer Pressure, and Teen Boundaries

Adolescence is a time of exploration, risk taking, and growing independence. In today's digital world, teens face constant stimulation and social pressure. This session helps parents understand how adolescent brain development influences decision making and behavior. Participants will learn strategies for setting boundaries around phones, social media, and other risks while maintaining strong relationships with their teens.

Participants will learn to:

- Understand how teen brain development influences risk taking
- Recognize how phones, social media, and peer pressure affect behavior
- Develop healthy boundaries while maintaining trust and communication

