# SOS4Students Announces Parenting U Conference to Equip Families with Tools for Teen Success

*December 19, 2025*

Walnut Creek, California - December 19, 2025 -
SOS4Students announced today the launch of Parenting U, a full-day conference designed to provide parents and caregivers with practical strategies to support students in grades 7-12 through the challenges of adolescence. The event, scheduled for Saturday, March 7, 2026, at Orinda Academy in Orinda, California, will bring together local experts to address executive functioning, mental health, college transitions, and communication strategies that help teens become independent, thriving adults.

The Walnut Creek-based executive function coaching organization developed the conference in partnership with Orinda Academy to address the growing need for parent education around academic and emotional challenges facing today's adolescents. Parenting U will feature keynote presentations, breakout sessions led by local specialists, and networking opportunities for families navigating the complex journey from middle school through high school.

"Parents tell us every day that they want to support their teens but don't always know how to address challenges around motivation, anxiety, social media, and executive functioning," said Samantha Okazaki, Business Manager of SOS4Students. "Parenting U was created to equip families with effective strategies and

connect them with local resources so they can collaborate effectively with their teens, schools, and support teams."

The conference will run from 9:00 a.m. to 3:30 p.m. at Orinda Academy, located at 19 Altarinda Road in Orinda. The day will begin with a keynote address followed by two rounds of breakout sessions covering topics such as executive functioning skills, post-secondary transitions, school collaboration strategies, and college readiness. A closing interview-style session will provide additional insights before attendees gather for networking with light refreshments.

Parenting U is designed for parents and caregivers of middle school and high school students who want support in helping their children transition successfully into adulthood. The conference is also open to professionals, including clinicians and educators who work with adolescents and want to learn the latest strategies and best practices. No continuing education credits will be offered.

The event addresses critical areas where many families struggle. Executive functioning skills?including organization, time management, planning, and follow-through?form the foundation for academic success, yet these brain-based skills are rarely taught explicitly in schools. Parenting U will provide parents with concrete tools to help students develop these capabilities at home.

Mental health challenges, including anxiety and the impact of social media on adolescent development, will also be explored during breakout sessions. Experts will share practical approaches parents can use to support their teens' emotional well-being while fostering independence and resilience. Additional sessions will focus on navigating college and post-secondary transitions, helping families understand options beyond traditional four-year universities.

Fusion Academy will sponsor the morning coffee and pastries as well as lunch for attendees. Additional sponsors and community partners include Orion Academy and other organizations supporting adolescent development and family education in the Bay Area.

SOS4Students has served the Bay Area for over three decades as executive function experts, transforming students with missing assignments into confident, capable learners through evidence-based coaching, strategic workshops, and parent consultations. The organization teaches the brain-based skills that unlock academic potential and create lifelong learners, helping families end homework battles while grades improve naturally and success becomes sustainable.

Orinda Academy, the conference host location, provides innovative educational programs for students who learn differently. The partnership between the two organizations reflects a shared commitment to supporting adolescent development through practical strategies and community education.

Ticket information and registration details for Parenting U will be released in the coming weeks. Early bird pricing will be available for families who register before the regular ticket sales period begins. The conference aims to accommodate up to 100 participants, creating an intimate environment for learning and connection among families facing similar challenges.

The full schedule includes check-in with coffee and pastries beginning at 8:30 a.m., followed by the keynote presentation from 9:00 to 10:15 a.m. The first breakout session runs from 10:30 to 11:30 a.m., followed by a sponsored lunch. A second breakout session takes place from 12:15 to 1:15 p.m., with the closing session scheduled from 1:30 to 2:30 p.m. Networking with light snacks and refreshments concludes the day from 2:30 to 3:30 p.m.

Families interested in learning more about Parenting U or SOS4Students' executive function coaching services can visit https://sos4students.com/ for additional information. Registration details and speaker announcements will be shared as the March 2026 event date approaches.

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For more information about SOS4Students, contact the company here:SOS4StudentsSamantha Okazaki(510) 531-4767samantha@sos4students.com2940 Camino Diablo #250 Walnut Creek, CA 94597

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## SOS4Students

*Since 1997, SOS4Students has been the San Francisco Bay Area?s executive function experts, transforming smart kids with academic challenges into confident, independent students through coaching, strategic workshops, and parent consultations.*

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