LAUSD School Mental Health Clinic and Wellness Program invites you to participate in

**FOCUS on Your Parenting** 

A series of seven parenting classes provided in English for parents of children 5-17 years old. The group will be via Zoom **Wednesdays** from **12:30 pm – 1:30 pm.** You gain the most benefit attending all sessions, but new members are welcome to join during any session. Join Zoom Meeting <a href="https://lausd.zoom.us/j/82099335449?pwd=ZHlrcmc4QzkySGhlck54TE5JSVpZUT09">https://lausd.zoom.us/j/82099335449?pwd=ZHlrcmc4QzkySGhlck54TE5JSVpZUT09</a>

Wednesday, December 6, 2023

# **Understanding Your Child's Emotions**

Opening up about feelings

Wednesday, December 13, 2023

### Let's Talk About It

Strategies for talking with your children

Wednesday, January 10, 2024

#### **Work It Out**

Problem-solving as a family

Wednesday, January 17, 2024

## **Keeping It in Perspective**

Developing a family narrative

Wednesday, January 24, 2024

# Managing Stress and Loss Reminders

Overcoming adversity

Wednesday, January 31, 2024

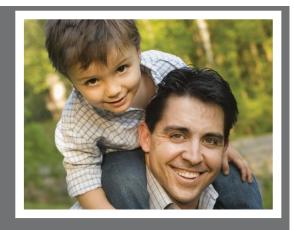
## **Keeping Your Cool**

Linking your child's feelings and behaviors

Wednesday, February 7, 2024

### The Path Forward

Setting effective goals for the future



All Group Classes via Zoom

Join Zoom Meeting
Meeting ID: 820 9933 5449

Passcode: FOCUS



For questions, please contact Cecilia Elias at (323) 290-7737 (select option 3).





