

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 <https://lausd.zoom.us/j/82099335449?pwd=ZHlrcmc4QzkySGhlck54TE5JSVpZUT09>

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

LOCATION

Join Zoom Meeting  
Meeting ID: 820 9933 5449  
Passcode: FOCUS



CONTACT

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

