

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/85780157105?pwd=XlkiRJGber0maD5H3PbbeT8blnj1Aa.1>

Wednesday, February 26, 2025

Understanding Your Child's Emotions

Opening up about feelings

Wednesday, March 5, 2025

Let's Talk About It

Strategies for talking with your children

Wednesday, March 12, 2025

Work It Out

Problem-solving as a family

Wednesday, March 19, 2025

Keeping It in Perspective

Developing a family narrative

Wednesday, March 26, 2025

Managing Stress and Loss Reminders

Overcoming adversity

Wednesday, April 2, 2025

Keeping Your Cool

Linking your child's feelings and behaviors

Wednesday, April 9, 2025

The Path Forward

Setting effective goals for the future



LOCATION

All Group Classes via Zoom

Join Zoom Meeting
Meeting ID: 857 8015 7105
Passcode: FOCUS



CONTACT

For questions, please contact
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