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/85780157105?pwd=XlkiRJGbEr0maD5H3PbbeT8blnj1Aa.1">https://lausd.zoom.us/j/85780157105?pwd=XlkiRJGbEr0maD5H3PbbeT8blnj1Aa.1</a>

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

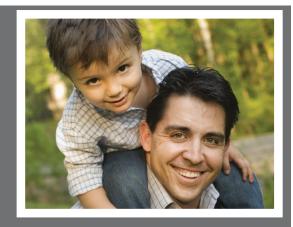
## **Keeping Your Cool**

Linking your child's feelings and behaviors

Wednesday, April 9, 2025

### The Path Forward

Setting effective goals for the future



All Group Classes via Zoom

Join Zoom Meeting
Meeting ID: 857 8015 7105

Passcode: FOCUS



For questions, please contact Irma Gonzalez at (323) 266-7615.





