

Clinic and Wellness Centers
School Mental Health
Student Health & Human Services



PARENT WORKSHOPS

Topic changes each month:

- **Anxiety:** *Parents will learn about anxiety and strategies to support their child.*
- **Grief and Loss:** *Parents will learn how to support their child who has experienced a loss.*
- **Mental Health Wellness:** *Parents will learn how to support their child with strategies for good mental health basics, identifying stressors and talking about feelings.*

Parent Workshops 2nd Wednesday of the month

11:00 am - 12:00 pm

Dates:

January 11 - Anxiety

February 8 - Grief and Loss

March 8 - Mental Health Wellness

April 12 - Anxiety

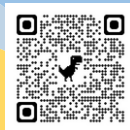
May 10 - Mental Health Wellness

Via Zoom

[https://lausd.zoom.us/j/3716286693?
pwd=bIBURmhUSGiteDJGYndKQlNucFJpZz09](https://lausd.zoom.us/j/3716286693?pwd=bIBURmhUSGiteDJGYndKQlNucFJpZz09)

Meeting ID: 371 628 6693

Password: workshop



****For further information, please contact Laura Morales at (818) 794-5280.**