



Clinic & Wellness Center Program  
Invites You To

# FOCUS on Your Parenting

A series of seven parenting classes provided in English for parents/caregivers of children 5-17 years old. The group will be via zoom on Wednesdays from 10:00a-11:00a. You gain the most benefit attending all sessions, but new members are welcome to join during any session.

<https://lausd.zoom.us/j/82560041152?pwd=Ukw2UXhJTXJGU3NyQUtkTjJQbTMrZz09>  
Meeting ID: 825 6004 1152  
Passcode: FOCUS

Wednesday, December 1, 2021

## Understanding Your Child's Emotions

Opening up about feelings

Wednesday, December 8, 2021

## Let's Talk About It

Strategies for talking with your children

Wednesday, December 15, 2021

## Work It Out

Problem-solving as a family

Wednesday, January 12, 2022

## Keeping It in Perspective

Developing a family narrative

Wednesday, January 19, 2022

## Managing Stress and Loss Reminders

Overcoming adversity

Wednesday, January 26, 2022

## Keeping Your Cool

Linking your child's feelings and behaviors

Wednesday, February 2, 2022

## The Path Forward

Setting effective goals for the future



**LOCATION** All Parent Classes are via Zoom

Join Zoom Meeting  
Meeting ID: 825 6004 1152  
Passcode: FOCUS

