

# OCUS on Your Parent

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=Ukw2UXhJTXJGU3NyQUtkTjlQbTMrZz09 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

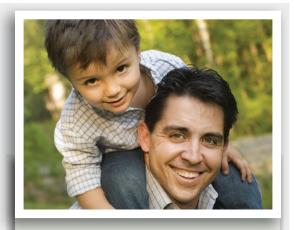
## **Keeping Your Cool**

Linking your child's feelings and behaviors

Wednesday, February 2, 2022

#### The Path Forward

Setting effective goals for the future



All Parent Classes are via Zoom

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







