

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 **Fridays** from **10:30 a.m.-11:30am**. 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/82560041152?pwd=Ukw2UXhJTjJGU3NyQUtkTijQbTMrZz09>

Friday, March 3, 2023

## Understanding Your Child's Emotions

Opening up about feelings

Friday, March 10, 2023

## Let's Talk About It

Strategies for talking with your children

Friday, March 17, 2023

## Work It Out

Problem-solving as a family

Friday, March 24, 2023

## Keeping It in Perspective

Developing a family narrative

Friday, April 14, 2023

## Managing Stress and Loss Reminders

Overcoming adversity

Friday, April 21, 2023

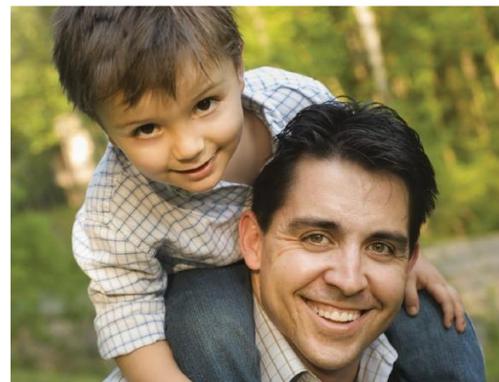
## Keeping Your Cool

Linking your child's feelings and behaviors

Friday, April 28, 2023

## The Path Forward

Setting effective goals for the future



LOCATION

All Group Classes via Zoom

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



CONTACT

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