



Clinic and Wellness Centers

School Mental Health

PARENT/CAREGIVER WORKSHOPS

Topic changes each month:

- **Anxiety:** Caregivers will learn about anxiety and strategies to support their child.
- **Grief and Loss:** Caregivers will learn how to support their child who has experienced a loss.
- **Mental Health Wellness:** Caregivers 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

1:00 pm - 2:00 pm

Dates:

October 8 - Mental Health Wellness

November 12 - Anxiety

December 10 - Grief and Loss

January 14 - Mental Health Wellness

February 11 - Anxiety

March 11 - Grief and Loss

April 8 - Mental Health Wellness



Via Zoom

<https://lausd.zoom.us/j/88269047246?pwd=4zXamxbOXZ7njA5YQNaAtQEeg8zgUk.1>

Meeting ID: 882 6904 7246
Password: workshop



****For further information, please contact Irma Gonzalez at (323) 266-7615**