

PARENT WORKSHOP

Home Healing Resilience Workshop Series

Mental Health Wellness and Resilience for All Communities

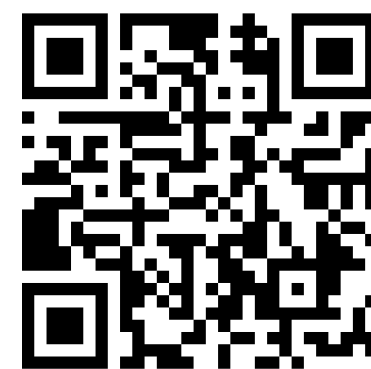


Join us for an engaging workshop focused on strengthening resilience, supporting mental wellness, and building safer, healthier communities. Learn practical coping strategies to manage stress, develop healthy habits, and gain valuable tools and resources to better support your child's wellbeing.

Date: March 20, 2026

Time: 8:30 a.m. – 10:00 a.m.

Location: Virtual on Zoom



SCAN HERE

Join
US

<https://lausd.zoom.us/j/84042131178>