

A 4-WEEK PARENT
WORKSHOP SERIES

Stress Management and Emotional Wellbeing

Open to Parents of

Superior Street ES
Nestle Avenue Charter ES
Woodland Hills Academy MS
Encino Charter ES

TUESDAYS @ 10:30 AM
Sessions will last 60-90 minutes

AMANDA CORRIGAN, PSW

OCT. 20, 2020

WEEK 1:
EMOTIONAL
REGULATION

"THE SEEKER FINDS"

OCT. 27, 2020

WEEK 2:
STRESS
MANAGEMENT

"WHEN LIFE GIVES
YOU LEMONS..."

NOV. 03, 2020

WEEK 3:
RESILIENCY

"IN THE MIDST OF
DIFFICULTY LIES
OPPORTUNITY"

NOV. 10, 2020

WEEK 4:
WELLBEING

"REIGNITE YOUR
LIGHT"

ZOOM MEETING ID: 231 061 9534

PASSCODE: parents