

VIRTUAL PARENT ACADEMY

WEDNESDAY, OCTOBER 28TH 2020

6:30 -8:30 P.M. VIA ZOOM

“DEALING WITH ANXIETY”

PRESENTED BY

DR. KILEY LIZAMA, LMFT

- Learn to identify signs of stress in your children.
- Develop positive coping skills for dealing with anxiety.
- Network with other parents struggling with similar concerns in their families.
- Discover resources available to help support you & your children.

All interested parents are invited to log onto:
smusd-org.zoom.us/j/89376799784
to join this free class.

Future 2020 Virtual Parent Academy dates: 11/4, 11/18, 12/2 & 12/16

Planned topics: Identifying Depressive Symptoms in our Youth; Healthy Boundaries & Providing Structure; Managing Technology & Risks of Overexposure to Social Media; Positive Discipline Through Connection & Belonging

Brought to you by SMUSD's Department of Student
Services in partnership with
North County Family Counseling Specialists, NPA