

# VIRTUAL PARENT ACADEMY

WEDNESDAY, NOVEMBER 18<sup>TH</sup> 2020

5:30 - 7:30 P.M. VIA ZOOM

“HEALTHY BOUNDARIES & PROVIDING STRUCTURE”

PRESENTED BY

**DR. BINDHU DAVIS, LMFT**

- Develop ways to promote positive family dynamics
- Learn how to establish reasonable expectations with your youth, the benefits of predictable routines for healthy interpersonal development & the importance of consistent communication in the home
- Discover what healthy boundaries look like in a family system & the importance of adapting them as children grow.
- Network with other parents struggling with similar challenges in their families.

All interested parents are invited to log onto:

**[smusd-org.zoom.us/j/89376799784](https://smusd-org.zoom.us/j/89376799784)**

to join this free class.

Future 2020 Virtual Parent Academy dates: 12/2 & 12/16

Planned topics: Managing Technology & Risks of Overexposure to Social Media; Positive Discipline Through Connection & Belonging

***Target audience is parents of children 12 and above***

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