Connecting in Quarantine:
Virtual Parent Workshops

Join the Facebook Live Stream!
https://www.facebook.com/ScottAtLAUSD/

Workshop #1: Thursday, April 2
Topic - Regulating Emotions at Home

Participants will gain a deeper understanding of emotional regulation, specifically as it relates to parents and caregivers; and learn simple self-regulation strategies within a Psychological First Aid framework.

This virtual workshop will consist of a structured presentation followed by a question & answer period, where parents can ask questions and share their own experiences.

Facilitated by School Mental Health's:
Elena Jimenez, LCSW & Maribel Ceja Zamora, LCSW

With Scott Schmerelson
Board Member | LAUSD District 3

UPCOMING

APRIL 16 ➤ Intro to Restorative Practices
Facilitated by: LAUSD Restorative Justice Advisers

APRIL 23 ➤ Power of Empathy
Facilitated by: LAUSD Restorative Justice Advisers

APRIL 30 ➤ Dealing with Difficult Behavior
Facilitated by: LAUSD Restorative Justice Advisers

MAY 7 ➤ 5 Love Languages of Your Child
Facilitated by: LAUSD Restorative Justice Advisers