During this time of learning at home for our students, the Los Angeles Unified is offering the following workshop series for parents and families. It is important to empower ourselves with the necessary tools to support our children and be mindful of self-care during this time. The workshop series will present valuable information, and practice strategies with you to use with children in various grade levels.

Each workshop is accessed on Zoom by using the following link and password, as well as phone number:

https://zoom.us/j/93587208187?pwd=QnlpTjU3L3lrdjg5TGZXSDmcGJkQT09

Webinar ID: 935 8720 8187  Password: 2020
Phone: 646 558 8656  Webinar ID: 935 8720 8187

If you join the workshop by phone, email questions during the presentation at families@lausd.net.

### Workshop 1

**Tuesday, MAY 19**  
**5:00 - 6:30 PM**

Session I/4: Stress Management & Emotional Wellbeing  
**Don’t Judge a Book by Its Cover: We don’t know what others are experiencing, kindness can help a wrinkled heart.**

Greetings:  
Heidi Mahmud  
Co-Presenters:  
Alejandra Acuna  
Norma A. Ramirez  
School Mental Health

- **Learn** how to identify and manage our emotions and the benefits this has on our relationship with our children.  
- **Define** what emotions are and how a “feelings thermometer” is helpful in the identification of and managing emotions.  
- **Promote** ways we can cope with this crisis as well as guide and support our children.

### Workshop 2

**Thursday, MAY 21**  
**5:00 - 7:00 PM**

Accessing Family Resources on Los Angeles Unified Webpages: Academic, Wellness and Public Agencies

Greetings & Co-Presenters:  
Andrea Canty  
Antonio Plascencia  
PCS

- **Learn** about important webpages at the Los Angeles Unified with district, non-profit and government resources available to support our families.  
- **Practice** linking to the Los Angeles Unified Parent Portal, local district offices and school sites.
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<th>WORKSHOP 3</th>
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**GREETINGS:**
Heidi Mahmud
Co-Presenters:
Alejandra Acuna
Norma A. Ramirez
School Mental Health

**SESSION:**
Session 2/4: Stress Management & Emotional Wellbeing
When life gives you lemons, make lemonade: Every experience is a lesson learned.

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<th>WORKSHOP 4</th>
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**GREETINGS:**
Dr. Danny Dixon
Co-Presenters:
Reina Diaz
Lydia Acosta Stephens
MMED

**SESSION:**
Session 1/2: Learn How to Use Mail Home Resources to Support English Learners

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<th>WORKSHOP 5</th>
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**GREETINGS:**
Antonio Plascencia
Co-Presenters:
Jose Escalante
Antonio Hernandez
PCS & PLS

**SESSION:**
First Steps to Navigating the Internet & Connecting to Your Child’s Progress Using the Los Angeles Unified Parent Portal (Beginners)
### WORKSHOP 6
**Tuesday, JUNE 2**
5:00 - 7:00 PM

**Session 3/4: Stress Management & Emotional Wellbeing**
In the midst of difficulty lies opportunity: *We can bounce back from life’s inevitable setbacks.*

**Greetings:**
Heidi Mahmud  
Co-Presenters:
Alejandra Acuna  
Norma A. Ramirez

**PRESENTERS**
- **Learn** about resilience (to recover and adjust from difficulty) as well as the skills and resources for being resilient.  
- **Practice** ways we can increase our resilience and model this for our children.

### WORKSHOP 7
**Thursday, JUNE 4**
3:00 - 5:00 PM

**Session 1/2: Supporting English Language Arts at Home**  
- It’s More Than Reading and Writing!

**Greetings:**
Heidi Mahmud  
Co-Presenters:
Traci Ausby  
Jakell Bell  
Carrie Berger  
Lourdes Puyol  
DOI

**PRESENTERS**
- **Learn** about 5 major areas of child development that support student success in school and how parents can support their children - body, mind and soul.  
- **Learn** about the Los Angeles Unified Learning Play Cards with a simple explanation of the reading and writing standards students master in Kindergarten through Eighth grade and how parents can support at home with fun activities.  
- **Practice** downloading and using the concepts presented during the presentation and in the Play Cards.

### WORKSHOP 8
**Tuesday, JUNE 9**
5:00 - 7:00 PM

**Session 4/4: Stress Management & Emotional Wellbeing**
Reignite your light: *Do what makes you smile.*

**Greetings:**
Heidi Mahmud  
Co-Presenters:
Alejandra Acuna  
Norma A. Ramirez  
School Mental Health

**PRESENTERS**
- **Learn** about mood-lifting activities that promote the balance and wholeness of our mind, body, spirit, and emotions.  
- **Identify** family and cultural behaviors, rituals, and practices that support our well-being and the wellness of our family.
<table>
<thead>
<tr>
<th>WORKSHOP 9</th>
<th>Thursday, JUNE 11 5:00 - 7:00 PM</th>
<th>Standard English Learners: Supporting the language and literacy needs of students at home</th>
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</thead>
<tbody>
<tr>
<td>PRESENTERS</td>
<td>Greetings: Dr. Danny Dixon</td>
<td>• Explore research-based ways to support and enhance the language and literacy development of Standard English Learners.</td>
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<td>Co-Presenters: Andre Spicer</td>
<td>• Learn about <em>Constructive Conversation Tools</em> to independently build on ideas (knowledge, agreement, and solution).</td>
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<td>Jessica Thomas</td>
<td>• Learn about the <em>Common Rules List</em> for identified Standard English Learner groups.</td>
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<td>• Practice ways to support the concept of the <em>whole child</em>.</td>
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<tr>
<th>WORKSHOP 10</th>
<th>Tuesday, JUNE 16 3:00 - 5:00 PM</th>
<th>Supporting Math at Home - It’s More than Adding, Subtracting, Multiplying and Dividing!</th>
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<tbody>
<tr>
<td>PRESENTERS</td>
<td>Greetings: Heidi Mahmud</td>
<td>• Explore styles to organize positive learning environments at home.</td>
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<td>Co-Presenters: Carrie Berger</td>
<td>• Learn about the Los Angeles Unified Learning Play Cards with a simple explanation of the math standards students master in Kindergarten through Eighth grade and how parents can support at home with fun activities.</td>
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<td>Norma Cantu</td>
<td>• Practice downloading and using the concepts presented during the presentation and in the Play Cards.</td>
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<td>Helen Kim</td>
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<tr>
<th>WORKSHOP 11</th>
<th>Thursday, JUNE 18 5:00 - 7:00 PM</th>
<th>Session 2/2: Mail Home Resources &amp; English Language Development Play Cards for English Learners</th>
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<tbody>
<tr>
<td>PRESENTERS</td>
<td>Greetings: Antonio Plascencia</td>
<td>• Learn how to use mail home resources and the English Language Development Play Cards to support your child’s language development.</td>
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<td>Co-Presenters: Reina Diaz</td>
<td>• Practice at home activities to support English Learner continuity of learning.</td>
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<td>Lydia Acosta Stephens MMED</td>
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