



Unified School District

Healthy Body. Healthy Learning. Healthy Mind.

Family Wellness Virtual Series

All workshops will be held via Zoom from 6:00 p.m. to 7:15 p.m.

A confirmation page with the Zoom link will be sent a day before the event to all who register on Eventbrite.



Supporting Student Wellness

All students will have an equitable opportunity to learn in a culturally responsive, physically, and emotionally healthy and safe environment



Family & Community Engagement

All students will benefit from programs and services designed to inform and involve family and community partners.

09/02/2020 **How to Set Up your Child for Success During Distance Learning**

Come learn strategies on how to help your child be successful during distance learning.

Register Here: <https://www.eventbrite.com/e/117346202651>

09/16/2020 **How to Cope with Anxiety During an Anxious Time**

This workshop will provide simple strategies on how to help our children deal with anxiety during an anxious time.

Register Here: <https://www.eventbrite.com/e/117469262727>

09/30/2020 **Self Care for Parents**

Self care is important and not always easy to do as a busy parent. Come learn how to take care of yourself, so you can better take care of your children.

Register Here: <https://www.eventbrite.com/e/117469910665>

10/07/2020 **How to Cope with Anxiety During an Anxious Time (repeat session)**

This workshop will provide simple strategies on how to help our children deal with anxiety during an anxious time.

Register Here: <https://www.eventbrite.com/e/117584605721>

10/21/2020 **Self Care for Parents (repeat session)**

Self care is important and not always easy to do as a busy parent. Come learn how to take care of yourself, so you can better take care of your children.

Register Here: <https://www.eventbrite.com/e/117586188455>



If you have any questions please contact the FACE office at (916) 831-5530