



PARENT EDUCATION

Via Zoom (Registration is required)

Have you ever had a difficult time talking to your teen about substance abuse or healthy relationships? The Wellbeing Center in partnership with Planned Parenthood Los Angeles Promotoras Comunitarias are here to help! We'll give you the tools to have these discussions in a way that's comfortable for both you and your teen.

| Topics | Date |
|---|----------|
| Stress Management | 10/27/22 |
| Substance Abuse in Youth..... | 11/03/22 |
| How to Talk to your Teen about Sexuality..... | 11/10/22 |
| Domestic Violence | 11/17/22 |

Certificates will be awarded for participating in 3 out of 4 workshops

School: Verdugo High School

Time: Thursdays 10:00 am –11:30 am

Room: 140

For more information, please call Ms. Cabral at (818) 951-5488