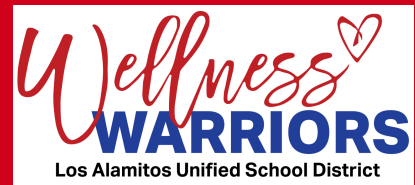


Los Alamitos Unified
School District

Secondary Parent Education

We invite you to join us for the fall semester parent education opportunities focused on topics and strategies related to middle and high school aged students.



Building Resilience through Coping Skills

October 11, 2023 at 6:00 PM

Los Alamitos High School, WellSpace: 3591 W. Cerritos Avenue, Los Alamitos

Join Wellness Counselor Emily Ledterman, to learn six tools that parents can work on with their teens to build resilience and strengthen their coping skills. Strategies will be shared to help support teens in building the confidence to face and overcome hardship.

Social Media Impacts on Teens

November 28, 2023 at 6:00 PM

Oak Middle School: 10821 Oak Street, Los Alamitos

Join Wellness Counselor Dr. Kirsten Jensen, to review the impact social media has on self-esteem for adolescents. Parents will learn how to create a family media plan in order to build a healthy relationship between media usage and their teen.

For more information contact Heather Sherrill, Department of Special Education and Mental Health
hsherrill@losal.org or (562) 799-4700 x 80420