

**2024-2025 Parenting Workshops  
(English and Spanish)**

**In-Person: 8:30am – 10:00am**

**Zoom: 5:00pm – 6:00pm**

Dates	Topics	Dates	Topics
8/27/24 (@Valinda) 8/28/24 (Zoom)	Effective Study Skills	1/14/25 (@Newton) 1/15/25 (Zoom)	Developing Responsibility and Independence
9/10/24 (@Valinda) 9/11/24 (Zoom) 9/13/24 (@Wedgeworth)	Seven Habits of Highly Responsible Students	2/4/25 (@Newton) 2/5/25 (Zoom)	Help Your Child Practice Responsible Decision-Making
9/24/24 (@Valinda) 9/25/24 (Zoom)	Internet and Social Media Safety	2/18/25 (@Newton) 2/19/25 (Zoom)	Teaching Your Child the Mamba Mentality
10/8/24 (@Valinda) 10/9/24 (Zoom)	How to Develop Critical Thinking Skills	3/4/25 (@Newton) 3/5/25 (Zoom)	Helping Your Child Understand Stress
10/22/24 (@California) 10/23/24 (Zoom)	Help Your Child Learn Patience and Perseverance	3/18/25 (@Lassalette) 3/19/25 (Zoom)	Helping Children How to Resolve Conflicts
11/5/24 (@California) 11/6/24 (Zoom) 11/8/24 (@Wedgeworth)	Building Confidence and Overcoming Peer Pressure	4/1/25 (@Lassalette) 4/2/25 (Zoom)	How Does Anxiety Affect Kids in School?
11/19/24 (@California) 11/20/24 (Zoom)	Ways Parents Can Help Motivate Children	4/22/25 (@Lassalette) 4/23/25 (Zoom)	Developing Financial Literacy Management
12/10/24 (@California) 12/11/24 (Zoom)	Helping Children Learn Self-Discipline	5/6/25 (Location TBA)	End of Semester Celebration

All HLPUSD parents with elementary or middle school students are welcomed to attend the workshops conducted in both English and Spanish. Please register by scanning the QR code. You'll receive a Zoom link to access the online meetings. In-person meetings will be held at various school sites. For additional information, please call Hudson Adult Learning Center at (626) 934-6761.