



# Clinic and Wellness Centers

## School Mental Health

### **PARENT WORKSHOPS**

#### Topic changes each month:

- **Anxiety:** *Parents will learn about anxiety and strategies to support their child.*
- **Grief and Loss:** *Parents will learn how to support their child who has experienced a loss.*
- **Mental Health Wellness:** *Parents will learn how to support their child with strategies for good mental health basics, identifying stressors and talking about feelings.*

#### **Parent Workshops 2nd Wednesday of the month**

**11:00 am - 12:00 pm**

#### Dates:

**October 9 - Mental Health Wellness**

**November 13- Anxiety**

**December 11 - Grief and Loss**

**January 8 - Mental Health Wellness**

**February 12- Anxiety**

**March 12 - Grief and Loss**

**April 9 - Mental Health Wellness**

#### **Via Zoom**

<https://lausd.zoom.us/j/82797965002?pwd=Z49yvF8DpwUTg92SzNLF2tjbM69ZLU.1>

**Meeting ID: 827 9796 5002**  
**Password: workshop**



**\*\*For further information, please contact Cecilia Elias at (213) 684-6500.**