



# PARENT CONNECT

A program of the San Mateo Union High School District

Raising teens can be one of the most challenging jobs you may ever have. If your student is not attending school or is exhibiting difficult behaviors, we can help.

The San Mateo Union High School District has developed a **FAMILY SUPPORT GROUP** with parents and primary caretakers in mind.

## LEARN ABOUT:

- Teens and Mental Health
- Impact of Technology on Adolescent Development
- Building Connections Through Effective Communication
- Parenting Styles & Dynamics
- Understanding Independence & Setting Expectations

Our goal is to provide you with the tools you need to proactively resolve conflicts with your teens, improve their attendance and enhance their well-being.



Sessions are offered in English and in Spanish. Parents/guardians can join the sessions at any date:

- **Session 1: Tuesdays, September 2 - October 14, 2025, 6 - 8 p.m.**
- **Session 2: Tuesdays, October 21 - December 16, 2025, 6 - 8 p.m.**
  - **(No sessions on November 11 or November 25)**



All sessions will be held at San Mateo High School, 506 N. Delaware Street, San Mateo

- English group session location: Biotech Room
- Spanish group session location: Multipurpose Room (MPR)



If you have questions, please email Chelsi Cheng at [ccheng@smuhsd.org](mailto:ccheng@smuhsd.org) or Dagoberto Espinoza at [despinoza@smuhsd.org](mailto:despinoza@smuhsd.org)