



BUILDING STRONG FAMILIES

Fremont Union High School District A Menu of Project Cornerstone Workshops

Meet Your Adolescent’s Brain Monday, March 9, 2026

What’s happening during the “tween and teen” stage of development? How do drugs, technology, and sleep affect your kid? Tips on how to support, interact and connect with your high schoolers during this critical time.

Managing Stress & Fostering Resiliency Monday, March 30, 2026

What is the difference between stress & anxiety? How do we manage it for ourselves and our kids? Learn tips for self-care and communication with our kids about healthy stress management. NOTE: We offer the opportunity to discuss suicide prevention with adults of high school students.

Who Should Attend:

Parents, guardians, and caring adults of high schoolers

Time: 6:00pm – 7:30pm

Location:

Fair Oaks Room
Fremont High School
575 W Fremont Avenue
Sunnyvale, CA 94087

Cost: Free

Workshop Series Funded by:

Fremont Union High School District
& YMCA Project Cornerstone

Contact:

workshops@projectcornerstone.org

**SCAN THE CODE
TO REGISTER:**

tinyurl.com/FUHSD-25



These workshops will be presented in English and Spanish.

Estos talleres se presentarán en inglés y español.

Snacks will be provided.



FREMONT UNION
HIGH SCHOOL DISTRICT