



# Parent Education Series

Tuesdays - 9:30 – 11:00am  
 Browning High School Library  
 2180 Obispo Avenue, Long Beach, 90804

Please join with fellow LBUSD parents and guardians in this series of workshops regarding the social and emotional health of our children. Weekly, guest speakers from the Long Beach Child and Adolescent Program will be guiding workshops to assist parents and guardians in helping their children overcome both daily struggles and emotional challenges.

Please RSVP <http://bit.ly/RSVPBrowning>

Tuesday	Topic
<b>Oct. 1</b>	<b>Children and Mental Health</b> <i>In this opening meeting, we will cover red flags, warning signs and what to look for in our children when they are struggling. We will discuss strategies and tips for parents.</i>
<b>Oct. 8</b>	<b>The Power of Positive Parenting</b> <i>In this 3-part series, we will cover parenting skills for children ages birth to 12. This “light touch” intervention explores strategies to address behavioral concerns with your children.</i>
<b>Oct. 15</b>	<b>Raising Confident and Competent Children</b> <i>Part 2 of this 3-part series, we will cover parenting skills for children ages birth to 12. This “light touch” intervention explores strategies to address behavioral concerns with your children.</i>
<b>Oct. 22</b>	<b>Resilience: What it is and How to Foster it in Our Children</b> <i>Part 3 in the 3-part series, we will cover parenting skills for children ages birth to 12. This “light touch” intervention explores strategies to address behavioral concerns with your children.</i>
<b>Oct. 29</b>	<b>Growth and Development</b> <i>In this workshop, we will discuss developmental mile stones for children from birth to age 18.. Also we will review how and when to have “the talk” with your children.</i>
<b>Nov. 5</b>	<b>Teens and Drugs</b> <i>An interactive workshop for parents to learn about the health risks of marijuana, vaping and other substances. Parents will learn how to spot if your teen is using, how mental health is effected by drug use, and get advice on how to talk with your teens about drugs and alcohol.</i>
<b>Nov. 12</b>	<b>Parenting and Self-Care</b> <i>In this interactive workshop for parents, we will cover self-care tips and strategies in an effort to help you be the best parents you can be and to stay calm when frustrated your children.</i>
<b>Nov. 19</b>	<b>Open Forum</b> <i>Let’s “celebrate” the end of this parenting workshop series with a more informal meeting. Light refreshments will be provided during this Q and A session with a variety of mental health professionals.</i>



For information contact  
 Parent University  
 562-997-8326  
[http://www.lbschools.net/Departments/Parent\\_U/](http://www.lbschools.net/Departments/Parent_U/)



In partnership with:

LOS ANGELES COUNTY DEPARTMENT OF  
**Mental Health**  
 hope. recovery. well-being.