



PARENT WORKSHOP SERIES/ *SERIE DE TALLER DE PADRES*

Be Hopeful * Be Courageous * Be Happy
Tenga Esperanza * Tenga Valentia * Tenga Felicidad

ZOOM
ZOOM

ENGLISH 6:00-8:00 PM		
Sept. 20	Oct. 18	Nov. 15
Post-Pandemic Social Emotional Support	Depression and Suicide in Children and Adolescents	Coping with Anxiety

SPANISH 6:00-8:00 PM		
Sept. 13	Oct. 11	Nov. 8
Apoyo Emocional Despues de la Pandemia	Depresion y Suicidio en Niños y Adolecentes	Lidiando con Anciedad

REGISTER~YOURSELF~TODAY!
REGISTRESE~HOY!

<https://forms.gle/Ewkb1KQVHBFDVkeXA>

Questions/Preguntas? Call/Llame (925) 634-2166