



Unified School District

Healthy Body. Healthy Learning. Healthy Mind.

## Family Wellness Virtual Series 2022

\* Most workshops will be held via Zoom from 6:00 p.m. to 7:30 p.m.

A confirmation email with the Zoom link will be sent a day before the event to all who register on Eventbrite.



### Supporting Student Wellness

All students will have an equitable opportunity to learn in a culturally responsive, physically, and emotionally healthy and safe environment



### Family & Community Engagement

All students will benefit from programs and services designed to inform and involve family and community partners.



<p><b>Wednesday</b> <b>09/14/2022</b></p>	<p><b>Back to School: Supporting the Mental Wellness of Children and Teens</b></p> <p>The beginning of a new school year often brings excitement, along with transitions and changes. Any change, even positive, can also be stressful. Join us to learn more about the stress cycle and practice some simple tips and strategies to support your child or teen with balancing all that they are experiencing with the start of a new school year.</p> <p><b>Register Here:</b> <a href="https://www.eventbrite.com/e/408146666667">https://www.eventbrite.com/e/408146666667</a></p>
<p><b>Thursday</b> <b>10/06/2022</b></p>	<p><b>Loving Others Through and Through: Using the 5 Love Languages to Connect with Children and Teens</b></p> <p>As adults, we know that showering our children with love is the answer to anything! So why is it that our children do not always feel the love we try so hard to share? How can we ensure our children feel loved through challenging times? In this workshop, participants will learn about the logic behind Gary Chapman's, "5 Love Languages." They will leave with the knowledge of how to love others in a way that creates unity and bonding rather than unintended division. This workshop applies both to pre-k and elementary ages students as well as middle school, high school, and beyond.</p> <p><b>Register Here:</b> <a href="https://www.eventbrite.com/e/410649582957">https://www.eventbrite.com/e/410649582957</a></p>
<p><b>Wednesday</b> <b>10/26/2022</b></p>	<p><b>Youth and Cyberbullying: Empowering Families to Become Supportive Partners with their Children and School Community to Help Prevent Peer Harassment</b></p> <p>This workshop will assist families in understanding the complexities and challenges of recognizing and responding to incidents of cyberbullying and online harassment. We will provide tools for navigating the challenges of interacting with others online, being mindful about what you post, and responding appropriately when faced with cyberbullying and other online conflict.</p> <p><b>Register Here:</b> <a href="https://www.eventbrite.com/e/410662772407">https://www.eventbrite.com/e/410662772407</a></p>
<p><b>Wednesday</b> <b>11/16/2022</b> <b>*in person</b></p>	<p><b>Practicing Gratitude and Mindfulness Through the Creation of Art</b></p> <p>Families, join us to discover a new way for managing and lowering stress. Connect with artwork of Joan Miro, and create your own piece of art using watercolors and take home a masterpiece!</p> <p style="text-align: center;"><b>Registration Information Coming Soon!</b></p>

If you have any questions please contact the Family and Community Engagement (F.A.C.E.) Department at (916) 831-5530