

Parent Workshops

2017-2018



FREE parent workshops held at Springbrook Elementary:

March 15th

Empowering Your Child: Self-Esteem

This workshop will help parents define, compare and contrast what high vs. low self-esteem looks like. Learn how self-esteem affects and influences us, take a brief look into developmental assets, resources and strategies on how to empower your child.

RSVP by March 8th

April 19th

Stress & Anxiety:

How to Help Our Youth

This presentation explains what anxiety and stress are, possible triggers, physical warning signs, behavioral, cognitive and emotional signs of anxiety and stress. We discuss positive coping strategies that can be used to reduce anxiety & stress in our youth/self.

RSVP by April 12th

May 17th

Quality Time Counts

This workshop focuses on the importance of parental engagement and addresses how parents can strengthen family bonds and create positive family communication

RSVP by May 10th



Workshop Time:
8:15-9:15am

Location: Meeting in MPR

Please RSVP to
taniavanstralen@iusd.org
or 949-936-6092



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