



JOIN US FOR A **VIRTUAL**
TWO-PART PARENT WORKSHOP

Supporting Your Student's Well-being

Promote Motivation and Success at School

Discover effective strategies and resources that can assist in promoting your student's mental health and overall well-being. Our team of wellness experts will provide guidance and help you understand ways to collaborate with your student's school, as well as gain access to all the resources and tools that are available.

Learn about growth mindset approaches, concepts and tools such as mood meters and emotional intelligence.

Wednesdays

November 8 & 15

6:45 p.m. - 7:30 p.m.



RMIRANDA@CENTERUSD.ORG



916-338-6387

To Register Click Below

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