



Connecting in Quarantine: Virtual Parent Workshops

Join the Facebook Live Stream!

<https://www.facebook.com/ScottAtLAUSD/>

English - 3 PM

Spanish - 4:30 PM

Workshop #1: Thursday, April 2 Topic - Regulating Emotions at Home

Participants will gain a deeper understanding of emotional regulation, specifically as it relates to parents and caregivers; and learn simple self-regulation strategies within a Psychological First Aid framework.

This virtual workshop will consist of a structured presentation followed by a question & answer period, where parents can ask questions and share their own experiences.

Facilitated by School Mental Health's:

Elena Jimenez, LCSW &

Maribel Ceja Zamora, LCSW

**With Scott Schmerelson
Board Member | LAUSD District 3**



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APRIL 16



Intro to Restorative Practices

Facilitated by: LAUSD Restorative Justice Advisers

APRIL 23



Power of Empathy

Facilitated by: LAUSD Restorative Justice Advisers

APRIL 30



Dealing with Difficult Behavior

Facilitated by: LAUSD Restorative Justice Advisers

MAY 7



5 Love Languages of Your Child

Facilitated by: LAUSD Restorative Justice Advisers