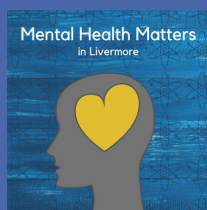




Parent Webinars

Livermore Learns is a parent education program designed to educate, inform, and engage parents and guardians as they support their children throughout their education.



LIVERMORE LEARNS

Anxiety & Depression in Elementary Children

This presentation will help you understand the common changes to watch out for during these challenging times of COVID-19, feelings of isolation, fires, natural disasters, and social injustice. We will discuss the importance of setting boundaries, limiting your child's exposure to negative images and social media. We will explore ways to re-engage your family in positive activities, identify and name your child's emotions and possible strategies. Finally, we will discuss various resources available from school, mental health and community based agencies, and apps to address feelings of anxiety and stress.

Tuesday, October 27, 2020

7:00 - 8:00pm

Facilitator: Lynn Gardner, MS Counseling,
Horizons Family Counseling

About the Format:

This webinar is designed to impart useful information, as well as to provide a supportive space for parents to share their thoughts and ask questions. Parents and guardians of children of all ages are encouraged to attend.

How to Register:

- Select the desired webinar from the homepage calendar of your school or district website.
- To register, you must be signed in to the website. If you need to create an account, you can do so in a few quick minutes. Instructions are provided in the event details for each webinar.
- Registered participants will be emailed meeting links approximately 2 hours prior to your session.

Thank you to the Pedrozzi Foundation for support of this program!

Questions? Email communityengagement@lvjUSD.org