



Please join us at La Mesa Arts Academy's
Parent Coffee Hour Spring 2023

Facilitated by School Counselor Bonnie Hayman
Fridays 9:30-10:30 a.m.

Each week we will feature a topic of interest to our families. On alternate weeks we will have a more informal time for general support and an opportunity to follow up with any current concerns. Please join us at this relaxed and friendly gathering to share ideas, ask questions and learn strategies to improve your child's success at school!

Topics for Meetings: Meetings will be held via Zoom: **Zoom Link: 395 252 6593 Password: BHLMAAC**

- February 2 SPECIAL * THURSDAY EVENING presentation: Internet Safety 5:00 – 6:00 pm
- February 3 Internet Safety – Presented by SD Police Foundation
- February 10 Transition to the next stage—Elementary to Middle, Middle to High School!
- February 17 Support and Discussion
- February 24 No Coffee Hour—Student's will be on ZOOM for Safety Net presentation
- March 3 Strategies for Managing BIG EMOTIONS
- March 10 Support and Discussion
- March 17 Understanding and Tackling Common Thought Distortions
- March 24 Support and Discussion
- March 31 The Mystery of the Teenage Brain
- April 21 Support and Discussion
- April 28 Tips for helping children COPE and build RESILIENCE
- May 5 Support and Discussion
- May 12 Understanding Trauma and Emotional CPR
- May 19 Support and Discussion
- May 26 Improving Family Communication—in good times and in hard times