



## Upcoming Parent Education Events

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### November 2020

**11/12/2020 – Resources Available to La Mesa-Spring Valley Families** – Learn about the various resources available to LMSV families both at school sites as well as out in the community. Resources covered will include school-based mental health resources, our SchoolLink referral process, our partner agencies, and other community resources.

English 2:30 pm – 3:30 pm  
Spanish 3:30 pm – 4:30 pm

**Zoom Link:** <https://us02web.zoom.us/j/81761852812?pwd=bWJjdE0wYVZLL0ppcDZZNzVXVWVydz09>

**Meeting ID:** 817 6185 2812

**Passcode:** 4W6X3n

**11/18/2020 – Supporting Online/Hybrid Learning** – Learn ways to best support your child(ren) with distance learning. Topics that will be covered include ways to create a space that is conducive to learning, how to implement routines, reward systems, organization tips, and more!

English 4:30 pm – 5:30 pm  
Spanish 5:30 pm – 6:30 pm

**Zoom Link:** <https://zoom.us/j/92939423688?pwd=Y2Fjc1RpdTR2Q3l0RjEvZTN0QVR3Zz09>

**Meeting ID:** 929 3942 3688

**Passcode:** 228486

### December 2020

**12/3/2020 – Depression & Anxiety** – Learn how to identify signs of each, tips and strategies to manage symptoms, resources available, and more.

English 10:00 am – 11:00 am  
Spanish 11:15 am – 12:15 pm

**Zoom Link:** <https://zoom.us/j/2669256532?pwd=UzBEUnpKaWx1aGM5VXZ3L3plaStZZz09>

**Meeting ID:** 266 925 6532

**Passcode:** 8hwhK1

**12/7/2020 – Self-Care for Parents/Guardians/Caregivers** – Explore self-care and why it's more important now than ever, especially for parents, guardians, and caregivers!

English 3:00 pm – 4:00 pm  
Spanish 4:30 pm – 5:30 pm

**Zoom link:** <https://zoom.us/j/99326693815?pwd=blZpcDFBR05IMDdMZmZwNjZsbkNwdz09>

**Meeting ID:** 993 2669 3815

**Passcode:** km6sU6

**12/10/2020 - Resources Available to La Mesa-Spring Valley Families** – Learn about the various resources available to LMSV families both at school sites as well as out in the community. Resources covered will include school-based mental health resources, our SchoolLink referral process, our partner agencies, and other community resources.

English 1:30 pm – 2:30 pm

Spanish 2:30 pm – 3:30 pm

**Zoom Link:** <https://us02web.zoom.us/j/81761852812?pwd=bWJjdE0wYVZLL0ppcDZZNzVXVWVydz09>

**Meeting ID:** 817 6185 2812

**Passcode:** 4W6X3n

**12/10/2020 – Bullying** – Learn about signs of bullying as well as preventative measures you can take as a parent to support your child(ren).

English 4:30 pm – 5:30 pm

Spanish 5:45 pm – 6:45 pm

**Zoom link:** <https://zoom.us/j/91085075400?pwd=WE01YXZYTjdyQ0ZkWUx5QmcbHJCUT09>

**Meeting ID:** 910 8507 5400

**Password:** 100286

**12/14/2020 - Supporting Online/Hybrid Learning** – Learn ways to best support your child(ren) with distance learning. Topics that will be covered include ways to create a space that is conducive to learning, how to implement routines, reward systems, organization tips, and more!

English 2:30 pm – 3:30 pm

Spanish 3:30 pm – 4:30 pm

**Zoom Link:** <https://zoom.us/j/92939423688?pwd=Y2Fjc1RpdTR2Q3l0RjEvZTN0QVR3Zz09>

**Meeting ID:** 929 3942 3688

**Passcode:** 228486

**12/15/2020 – ADHD: Signs, Strategies & Resources** - Learn about types of Attention Deficit Hyperactivity Disorder, signs of this disorder, tips and strategies, and resources available.

English 9:00 am – 10:00 am

Spanish 10:00 am – 11:00 am

**Zoom Link:** <https://zoom.us/j/99038997915>

**Meeting ID:** 990 3899 7915

**Passcode:** None

## **January 2021**

**1/7/2021 – Depression & Anxiety** – Learn how to identify signs of each, tips and strategies to manage symptoms, resources available, and more.

English 2:30 pm – 3:30 pm

Spanish 3:45 pm – 4:45 pm

**Zoom Link:** <https://zoom.us/j/2669256532?pwd=UzBEUnpKaWx1aGM5VXZ3L3plaStZZz09>

**Meeting ID:** 266 925 6532

**Passcode:** 8hwhK1

**1/11/2021 - Supporting Online/Hybrid Learning** – Learn ways to best support your child(ren) with distance learning. Topics that will be covered include ways to create a space that is conducive to learning, how to implement routines, reward systems, organization tips, and more!

English 10:00 am - 11:00 am  
Spanish 11:00 am - 12:00 pm

**Zoom Link:** <https://zoom.us/j/92939423688?pwd=Y2Fjc1RpdTR2Q3l0RjEvZTN0QVR3Zz09>  
**Meeting ID:** 929 3942 3688  
**Passcode:** 228486

**1/14/2021 - Resources Available to La Mesa-Spring Valley Families** – Learn about the various resources available to LMSV families both at school sites as well as out in the community. Resources covered will include school-based mental health resources, our SchoolLink referral process, our partner agencies, and other community resources.

English 9:00 am - 10:00 am  
Spanish 10:00 am - 11:00 am

**Zoom Link:** <https://us02web.zoom.us/j/81761852812?pwd=bWJjdE0wYVZlL0ppcDZZNzVXVWVyd09>  
**Meeting ID:** 817 6185 2812  
**Passcode:** 4W6X3n

**1/15/2021 - Self-Care for Parents/Guardians/Caregivers** – Explore self-care and why it's more important now than ever, especially for parents, guardians, and caregivers!

English 9:30 am - 10:30 am  
Spanish 11:00 am - 12:00 pm

**Zoom link:** <https://zoom.us/j/99326693815?pwd=blZpcDFBR05IMDdMZmZwNjZsbkNwdz09>  
**Meeting ID:** 993 2669 3815  
**Passcode:** km6sU6

**1/21/2021 - Bullying** – Learn about signs of bullying as well as preventative measures you can take as a parent to support your child(ren).

English 9:30 am - 10:30 am  
Spanish 10:45 am - 11:45 am

**Zoom link:** <https://zoom.us/j/91085075400?pwd=WE01YXZYtjdyQ0ZkWUx5QmcbHJCUT09>  
**Meeting ID:** 910 8507 5400  
**Password:** 100286

**1/22/2021 - ADHD: Signs, Strategies & Resources** - Learn about types of Attention Deficit Hyperactivity Disorder, signs of this disorder, tips and strategies, and resources available.

Spanish 12:00 pm - 1:00 pm  
English 1:00 pm - 2:00 pm

**Zoom Link:** <https://zoom.us/j/99038997915>  
**Meeting ID:** 990 3899 7915  
**Passcode:** None

## February 2021

**2/4/2021 - Depression & Anxiety** – Learn how to identify signs of each, tips and strategies to manage symptoms, resources available, and more.

English 10:00 am - 11:00 am

Spanish 11:15 am - 12:15 pm

**Zoom Link:** <https://zoom.us/j/2669256532?pwd=UzBEUnpKaWx1aGM5VXZ3L3plaStZZz09>

**Meeting ID:** 266 925 6532

**Passcode:** 8hwhK1

**2/10/2021 - Supporting Online/Hybrid Learning** – Learn ways to best support your child(ren) with distance learning. Topics that will be covered include ways to create a space that is conducive to learning, how to implement routines, reward systems, organization tips, and more!

English 2:30 pm - 3:30 pm

Spanish 3:30 pm - 4:30 pm

**Zoom Link:** <https://zoom.us/j/92939423688?pwd=Y2Fjc1RpdTR2Q3l0RjEvZTN0QVR3Zz09>

**Meeting ID:** 929 3942 3688

**Passcode:** 228486

**2/10/2020 - ADHD: Signs, Strategies & Resources** - Learn about types of Attention Deficit Hyperactivity Disorder, signs of this disorder, tips and strategies, and resources available.

Spanish 12:00 pm - 1:00 pm

English 1:00 pm - 2:00 pm

**Zoom Link:** <https://zoom.us/j/99038997915>

**Meeting ID:** 990 3899 7915

**Passcode:** None

**2/11/2021 - Resources Available to La Mesa-Spring Valley Families** – Learn about the various resources available to LMSV families both at school sites as well as out in the community. Resources covered will include school-based mental health resources, our SchoolLink referral process, our partner agencies, and other community resources.

English 2:00 pm - 3:00 pm

Spanish 3:00 pm - 4:00 pm

**Zoom Link:** <https://us02web.zoom.us/j/81761852812?pwd=bWJjdE0wYVZLL0ppcDZZNzVXVWVydz09>

**Meeting ID:** 817 6185 2812

**Passcode:** 4W6X3n

**2/17/2021 - Self-Care for Parents/Guardians/Caregivers** – Explore self-care and why it's more important now than ever, especially for parents, guardians, and caregivers!

English 1:00 pm - 2:00 pm

Spanish 2:30 pm - 3:30 pm

**Zoom link:** <https://zoom.us/j/99326693815?pwd=blZpcDFBR05IMDdMZmZwNjZsbkNwdz09>

**Meeting ID:** 993 2669 3815

**Passcode:** km6sU6