



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 – 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 – 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

2/8/2021 - 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 - 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