

## La Mesa-Spring Valley Parent Education Events

Date	Time(s)	Topic	Presenters	Location
December 14, 2022	11:30 am English 12:00 pm Spanish	<a href="#">Common Mental Health Diagnoses in Children</a>	Bethany Young Lauren Oppenheimer Cecilia Plasencia	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/81476554892">https://lmsvdsd-net.zoom.us/j/81476554892</a> <b>Meeting ID:</b> 814 7655 4892
January 6, 2022	10:00 - 10:30 am English 10:35 - 11:05 am Spanish	<a href="#">Coping Skills</a>	Ashlee Alfonso Tracy Lawlor Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/93070720468">https://lmsvdsd-net.zoom.us/j/93070720468</a> <b>Meeting ID:</b> 930 7072 0468
January 12, 2022	3:00 - 3:30 pm Spanish 3:35 - 4:05 pm English	<a href="#">Grief &amp; Loss</a>	Deanna Manzano Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09">https://lmsvdsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09</a> <b>Meeting ID:</b> 837 9070 1724
January 18, 2022	8:00 - 8:30 am English 8:30 - 9:00 am Spanish	<a href="#">Building Resilience</a>	Jaime Hocanson Aidaliz Cuevas	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/85754896458">https://lmsvdsd-net.zoom.us/j/85754896458</a> <b>Meeting ID:</b> 857 5489 6458
January 20, 2022	9:00 - 10:00am English 11:00 - 12:00 Spanish	<a href="#">Common Mental Health Diagnoses in Children</a>	Bethany Young Lauren Oppenheimer Cecilia Plasencia	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/81476554892">https://lmsvdsd-net.zoom.us/j/81476554892</a> <b>Meeting ID:</b> 814 7655 4892
January 24, 2022	4:00 - 4:30 English 4:30 - 5:00 Spanish	<a href="#">Self-Esteem &amp; Social Pressures</a>	Jessica Ramirez Melissa Martel	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/81945603035">https://lmsvdsd-net.zoom.us/j/81945603035</a> <b>Meeting ID:</b> 819 4560 3035
January 26, 2022	5:00 - 5:30 pm English 5:30 - 6:00 pm Spanish	<a href="#">Self-Regulation</a>	Sarah Darwich Valeria Pena	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/8227205808?pwd=YzAxYFo1eWlxeUJlTmg5SmJmaXp0Zz09">https://lmsvdsd-net.zoom.us/j/8227205808?pwd=YzAxYFo1eWlxeUJlTmg5SmJmaXp0Zz09</a> <b>Meeting ID:</b> 822 720 5808 <b>Password:</b> SDLMSV
February 7, 2022	3:30 - 4:00 pm English 4:05 - 4:35 pm Spanish	<a href="#">Coping Skills</a>	Ashlee Alfonso Tracy Lawlor Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/93070720468">https://lmsvdsd-net.zoom.us/j/93070720468</a> <b>Meeting ID:</b> 930 7072 0468
February 9, 2022	3:00 - 3:30 pm Spanish 3:35 - 4:05 pm English	<a href="#">Grief &amp; Loss</a>	Deanna Manzano Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvdsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09">https://lmsvdsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09</a> <b>Meeting ID:</b> 837 9070 1724

February 9, 2022	3:00 - 3:30 pm English 3:30 - 4:00 pm Spanish	<a href="#">Media &amp; Mental Health</a>	Joanna Kientz Courtney Smith	<b>STEAM (&amp; on zoom)</b> Zoom Link: <a href="https://zoom.us/j/97224869805?pwd=emJsNjdiN25LVnFGRGJQcUkwMzI4dz09">https://zoom.us/j/97224869805?pwd=emJsNjdiN25LVnFGRGJQcUkwMzI4dz09</a> <b>Meeting ID:</b> 972 2486 9805 <b>Passcode:</b> YEj6fT
February 10, 2022	3:45 - 4:15 pm English 4:15 - 4:45 pm Spanish	<a href="#">Building Resilience</a>	Jaime Hocanson Aidaliz Cuevas	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/85754896458">https://lmsvsd-net.zoom.us/j/85754896458</a> <b>Meeting ID:</b> 857 5489 6458
February 17, 2022	3:00 - 4:00pm English 4:00 - 5:00pm Spanish	<a href="#">Common Mental Health Diagnoses in Children</a>	Bethany Young Lauren Oppenheimer Cecilia Plasencia	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81476554892">https://lmsvsd-net.zoom.us/j/81476554892</a> <b>Meeting ID:</b> 814 7655 4892
February 23, 2022	8:30 - 9:00 am English 9:00 - 9:30 am Spanish	<a href="#">Self-Esteem &amp; Social Pressures</a>	Jessica Ramirez Melissa Martel	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81945603035">https://lmsvsd-net.zoom.us/j/81945603035</a> <b>Meeting ID:</b> 819 4560 3035
February 24, 2022	4:30 - 5:00 pm Spanish 5:00 - 5:30 pm English	<a href="#">Self-Regulation</a>	Sarah Darwich Valeria Pena	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxboFo1eMlxU11Tmg5SmJmaXp0Zz09">https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxboFo1eMlxU11Tmg5SmJmaXp0Zz09</a> <b>Meeting ID:</b> 822 720 5808 <b>Password:</b> SDLMSV
March 8, 2022	8:30 - 9:00 am English 9:05 - 9:35 am Spanish	<a href="#">Coping Skills</a>	Ashlee Alfonso Tracy Lawlor Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/93070720468">https://lmsvsd-net.zoom.us/j/93070720468</a> <b>Meeting ID:</b> 930 7072 0468
March 10, 2022	3:00 - 3:30 English 3:30 - 4:00 Spanish	<a href="#">Media &amp; Mental Health</a>	Joanna Kientz Courtney Smith	<b>Northmont (&amp; on zoom)</b> Zoom Link: <a href="https://zoom.us/j/97224869805?pwd=emJsNjdiN25LVnFGRGJQcUkwMzI4dz09">https://zoom.us/j/97224869805?pwd=emJsNjdiN25LVnFGRGJQcUkwMzI4dz09</a> <b>Meeting ID:</b> 972 2486 9805 <b>Passcode:</b> YEj6fT
March 15, 2022	8:00 - 8:30 am English 8:30 - 9:00 am Spanish	<a href="#">Media &amp; Mental Health</a>	Jaime Hocanson Aidaliz Cuevas	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/85754896458">https://lmsvsd-net.zoom.us/j/85754896458</a> <b>Meeting ID:</b> 857 5489 6458
March 16, 2022	3:00 - 3:30pm Spanish 3:35 - 4:05pm English	<a href="#">Grief &amp; Loss</a>	Deanna Manzano Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09">https://lmsvsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09</a> <b>Meeting ID:</b> 837 9070 1724

March 17, 2022	12:00 - 1:00pm English 1:00 - 2:00pm Spanish	<a href="#">Common Mental Health Diagnoses in Children</a>	Bethany Young Lauren Oppenheimer Cecilia Plasencia	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81476554892">https://lmsvsd-net.zoom.us/j/81476554892</a> <b>Meeting ID:</b> 814 7655 4892
March 23, 2022	5:30 - 6:00pm Spanish 6:00 - 6:30pm English	<a href="#">Self-Regulation</a>	Sarah Darwich Valeria Pena	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxYFo1eMlxU11Tmg5SmJmaXp0Zz09">https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxYFo1eMlxU11Tmg5SmJmaXp0Zz09</a> <b>Meeting ID:</b> 822 720 5808 <b>Password:</b> SDLMSV
March 30, 2022	4:30 - 5:00pm English 5:00 - 5:30pm Spanish	<a href="#">Self-Esteem &amp; Social Pressures</a>	Jessica Ramirez Melissa Martel	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81945603035">https://lmsvsd-net.zoom.us/j/81945603035</a> <b>Meeting ID:</b> 819 4560 3035
April 19, 2022	9:30 - 10:00 English 10:05 - 10:35 Spanish	<a href="#">Coping Skills</a>	Ashlee Alfonso Tracy Lawlor Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/93070720468">https://lmsvsd-net.zoom.us/j/93070720468</a> <b>Meeting ID:</b> 930 7072 0468
April 20, 2022	3:00 - 3:30 pm English 3:30 - 4:00 pm Spanish	<a href="#">Media &amp; Mental Health</a>	Joanna Kientz Courtney Smith	<b>Loma (&amp; on zoom)</b> <b>Zoom Link:</b> <a href="https://zoom.us/j/97224869805?pwd=emJsNjdiN25LVnFGRGJQcUkwMzI4dz09">https://zoom.us/j/97224869805?pwd=emJsNjdiN25LVnFGRGJQcUkwMzI4dz09</a> <b>Meeting ID:</b> 972 2486 9805 <b>Passcode:</b> YEj6fT
April 21, 2022	10:00 - 11:00 English 11:00 - 12:00 Spanish	<a href="#">Common Mental Health Diagnoses in Children</a>	Bethany Young Lauren Oppenheimer Cecilia Plasencia	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81476554892">https://lmsvsd-net.zoom.us/j/81476554892</a> <b>Meeting ID:</b> 814 7655 4892
April 27, 2022	8:30 - 9:00 am English 9:00 - 9:30 am Spanish	<a href="#">Self-Esteem &amp; Social Pressures</a>	Jessica Ramirez Melissa Martel	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81945603035">https://lmsvsd-net.zoom.us/j/81945603035</a> <b>Meeting ID:</b> 819 4560 3035
April 27, 2022	3:00 - 3:30 pm Spanish 3:35 - 4:05 pm English	<a href="#">Grief &amp; Loss</a>	Deanna Manzano Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09">https://lmsvsd-net.zoom.us/j/83790701724?pwd=anZJbVFPeTNYRVE5cGovMng3d24xQT09</a> <b>Meeting ID:</b> 837 9070 1724
April 28, 2022	3:45 - 4:15 pm English 4:15 - 4:45 pm Spanish	<a href="#">Media &amp; Mental Health</a>	Jaime Hocanson Aidaliz Cuevas	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/85754896458">https://lmsvsd-net.zoom.us/j/85754896458</a> <b>Meeting ID:</b> 857 5489 6458

April 28, 2022	4:30 - 5:00 pm English 5:00 - 5:30 pm Spanish	<a href="#">Self-Regulation</a>	Sarah Darwich Valeria Pena	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxboFo1eMlxeU11Tmg5SmJmaXp0Zz09">https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxboFo1eMlxeU11Tmg5SmJmaXp0Zz09</a> <b>Meeting ID:</b> 822 720 5808 <b>Password:</b> SDLMSV
May 17, 2022	8:00 - 8:30 am English 8:30 - 9:00 am Spanish	<a href="#">Emotional Regulation &amp; Coping Skills</a>	Jaime Hocanson Aidaliz Cuevas	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/85754896458">https://lmsvsd-net.zoom.us/j/85754896458</a> <b>Meeting ID:</b> 857 5489 6458
May 19, 2022	2:30 - 3:30 pm English 3:30 - 4:30 pm Spanish	<a href="#">Common Mental Health Diagnoses in Children</a>	Bethany Young Lauren Oppenheimer Cecilia Plasencia	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81476554892">https://lmsvsd-net.zoom.us/j/81476554892</a> <b>Meeting ID:</b> 814 7655 4892
May 19, 2022	3:00 - 3:30 pm English 3:30 - 4:00 pm Spanish	<a href="#">Media &amp; Mental Health</a>	Joanna Kientz Courtney Smith	<b>STEAM (&amp; on zoom)</b> <b>Zoom Link:</b> <a href="https://zoom.us/j/97224869805?pwd=emJsNjdjN25LVnFGRGJlQClkwMzI4dz09">https://zoom.us/j/97224869805?pwd=emJsNjdjN25LVnFGRGJlQClkwMzI4dz09</a> <b>Meeting ID:</b> 972 2486 9805 <b>Passcode:</b> YEj6fT
May 25, 2022	3:30 - 4:00 pm Spanish 4:00 - 4:30 pm English	<a href="#">Self-Regulation</a>	Sarah Darwich Valeria Pena	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxboFo1eMlxeU11Tmg5SmJmaXp0Zz09">https://lmsvsd-net.zoom.us/j/8227205808?pwd=YzAxboFo1eMlxeU11Tmg5SmJmaXp0Zz09</a> <b>Meeting ID:</b> 822 720 5808 <b>Password:</b> SDLMSV
May 25, 2022	4:00 - 4:30 pm English 4:30 - 5:00 pm Spanish	<a href="#">Self-Esteem &amp; Social Pressures</a>	Jessica Ramirez Melissa Martel	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/81945603035">https://lmsvsd-net.zoom.us/j/81945603035</a> <b>Meeting ID:</b> 819 4560 3035
May 26, 2022	1:00 - 1:30 pm English 1:35 - 2:05 pm Spanish	<a href="#">Coping Skills</a>	Ashlee Alfonso Tracy Lawlor Sol Gomez	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/93070720468">https://lmsvsd-net.zoom.us/j/93070720468</a> <b>Meeting ID:</b> 930 7072 0468
June 9, 2022	3:45 - 4:15 pm English 4:15 - 4:45 pm Spanish	<a href="#">Community Resources &amp; Supports</a>	Jaime Hocanson Aidaliz Cuevas	<b>Zoom Link:</b> <a href="https://lmsvsd-net.zoom.us/j/85754896458">https://lmsvsd-net.zoom.us/j/85754896458</a> <b>Meeting ID:</b> 857 5489 6458