



Family · Education · Health

CENTINELA VALLEY UNION HIGH SCHOOL DISTRICT



Strengthening Families Towards Academic Success During a Pandemic



Workshop Topics

1. How to face new challenges of a family in crisis due to the pandemic
2. Discipline: Organization, order and responsibility to improve the learning process
3. Establishing limits on the excessive use of electronics and good time management
4. Communication with children and adolescents
5. Coping with stress and anxiety in times of a family crisis.
6. Depression: A mental health illness that affects the mood and learning process
7. How to resolve family and parent-child conflicts
8. Resilience: Facing a crisis in a positive way

Workshop Classes are Every Monday October 05 - November 30, 2020

6:30 p.m. – 8:30 p.m.

Registration is free! Please Register At:

<https://forms.gle/CSkFiF4WtHnD9tb59>

Classes will be delivered in Spanish but English translation will be available. If you have any questions, please call

Hawthorne High School: Rosemary Ausland (310) 263-4497

Lawndale High School: Liliana Garcia (310) 263-3117

Leuzinger High School: Nancy Haro (310) 263-2271