



Clinic & Wellness Center Program
Invites You To

FOCUS on Your Parenting

A series of seven parenting classes provided in English for parents/caregivers of children 5-17 years old. The group will be via zoom on Wednesdays from 10:00a-11:00a. You gain the most benefit attending all sessions, but new members are welcome to join during any session.

<https://lausd.zoom.us/j/82560041152?pwd=Ukw2UXhJTXJGU3NyQUtkTjJQbTMrZz09>
Meeting ID: 825 6004 1152
Passcode: FOCUS

Wednesday, February 3, 2021

Understanding Your Child's Emotions

Opening up about feelings

Wednesday, February 10, 2021

Let's Talk About It

Strategies for talking with your children

Wednesday, February 17, 2021

Work It Out

Problem-solving as a family

Wednesday, February 24, 2021

Keeping It in Perspective

Developing a family narrative

Wednesday, March 3, 2021

Managing Stress and Loss Reminders

Overcoming adversity

Wednesday, March 10, 2021

Keeping Your Cool

Linking your child's feelings and behaviors

Wednesday, March 17, 2021

The Path Forward

Setting effective goals for the future



All Parent Classes are via Zoom

LOCATION

Join Zoom Meeting
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Passcode: FOCUS



UCLA Health

www.nfrc.ucla.edu

Nathanson Family Resilience Center
Strong Families. Healthy Lives.



www.carescenter.ucla.edu