



For more information contact  
Parent University  
562-997-8326



# Free Workshops

- ♦ Childcare provided, ages 4+
- ♦ Spanish/English/Khmer Interpretation
- ♦ Parking Available on Jackrabbit Lane

## Tuesday Evenings at Poly High School

2020 Atlantic Avenue, Long Beach 90806

6:00 – 7:30pm

Please RSVP at <http://bit.ly/PolyRSVP>

### October 1<sup>st</sup> - High School Choice and the High School Readiness Guide

*Did you know that every high school student is in a college and career related pathway? Come to this informative session by the High School Choice Office regarding pathway options, the High School Readiness Guide, and the Choice events that are happening this fall.*

### October 8<sup>th</sup> – Teens & Drugs: What Parents Need to Know

*An interactive workshop for parents to learn about the health risks of marijuana, vaping and other substances. Parents will learn how to spot if your teen is using, how mental health is effected by drug use, and get advice on how to talk with your teens about drugs and alcohol. Guest speaker will be Maria Kesler, Substance Abuse Counselor, Long Beach Child and Adolescent Program*

### October 15<sup>th</sup> – LBU\$D & the Long Beach Public Library: Resources for Student Success

*Learn ways to monitor your student's progress and how to access the parent resources LBU\$D provides to help all students succeed. Staff from the Long Beach Public Library will inform parents on student and family opportunities for tutoring, homework help and extended learning.*

### October 22<sup>nd</sup> – Technology in the LBU\$D Classroom

*Are your students using Google Classroom, Google Docs and Khan Academy...and you're a bit lost? You're not alone! Come to this workshop to learn about what your kids are doing in their classes and how you can be involved.*

### October 29<sup>th</sup> – Managing Your Student's Technology Use

*Participants will learn and understand how technology impacts their students. Topics will include social media, cyberbullying, screen time and online parent resources. Come join the conversation!*

### November 5<sup>th</sup> – Today's Youth, Anxiety, and How Parents Can Help

*Join us for an informative evening of information regarding every day stress related triggers that affect many of our kids. Learn more about common anxiety – what it is, myths regarding anxiety, and coping strategies for both families and children.*

### November 12<sup>th</sup> – Post High School Options: Getting Students Ready for College & Career

*Discover the many options students have after high school including 4 year and 2 year College/Universities, apprenticeships, military and technical schools. In addition, learn about online resources available to research career options and what level of education is required.*

### November 19<sup>th</sup> – Raising Children in Challenging Times

*Come to this informative session on helping families learn to manage stress, prioritize self-care, and how to help our children build and maintain healthy friendships and relationships.*



If you are not able to make it, tune into the LIVE STREAM on LBU\$D's YouTube channel [Link to You Tube](#)