

The Thirty-Third District PTA Presents

CONNECTING COMMUNITY WORKSHOP

Strategies for Stress and Anxiety During Distance Learning

Tuesday, September 29 • 7 PM
Zoom & Facebook Live



Join us as we discuss tips for caregivers during distance learning. We'll also share how families can navigate and cope with the anxiety and stress resulting from this new learning environment. This session is brought to you in partnership with the Los Angeles County Office of Education.

Guest Speaker:



Debra Duardo, M.S.W., Ed.D.
Los Angeles County
Superintendent of Schools
Los Angeles County Office of Education



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Health & Wellness Speaker Series

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