



# Los Alamitos Unified School District

Human Relations Advisory Council

*Virtual Parent Education Workshop*



## ***STAY CALM AND PARENT STRONG!***

Please join Jodi Hutchinson, LAHS School Counselor, and Kristine Morris, LAHS School Psychologist, for a virtual event to learn about and discuss self-compassion, self-care, and ways to best support our children.

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This event will take place via Zoom. It will begin at 6:00 p.m. and last approximately sixty minutes, with plenty of time left at the conclusion for questions and answers. Participants will have opportunities to engage and interact through surveys and polls, but participation will not be mandatory. Participants will be provided with resources and tools to support families.

**To Register for This Event, Please Visit:**

<https://tinyurl.com/LosAlStayCalm>

**Virtual Parent Education Night  
"Stay Calm and Parent Strong!"  
Thursday, October 15th  
6:00 P.M. - 7:30 P.M.**

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This parent workshop is sponsored by the Human Relations Advisory Council and is for a parent/guardian audience.

For more information contact Jerry Friedman, Director of Safety and Student Services, [jfriedman@losal.org](mailto:jfriedman@losal.org) or (562) 799-4700 ext. 80411.