

Virtual Parent Workshops: Supporting Your Children's Mental Health

We realize that school closures due to the COVID-19 pandemic has resulted in increased anxiety and stress for families. You are not alone, we are here to provide support. Our mental health aide from Western Youth Services, Sury Garcia invites El Sol parents to virtual workshops via Zoom to provide support and resources to best support your children's well-being and mental health. There will be 3 different virtual parent workshops for the month of May, in Spanish and English with a morning and evening option. The dates, times and links are provided below.

1. "Talking to Your Child About COVID-19"

- a. *English: May 7th 10 AM*
 - i. *Join Zoom Meeting*
 - ii. <https://zoom.us/j/97797705546?pwd=TWxrSINBWkZ0VERZeVY3ci9TZEx4dz09>
 - iii. *Meeting ID: 977 9770 5546*
 - iv. *Password: 959847*
- b. *English: May 7th 5 PM*
 - i. <https://zoom.us/j/94871454409?pwd=bTdUbjNEUmdMMG81T3ltRWVCK0wrdz09>
 - ii. *Meeting ID: 948 7145 4409*
 - iii. *Password: 823120*
- c. *Spanish: May 7th 10:30 AM*
 - i. *Join Zoom Meeting*
 - ii. <https://zoom.us/j/97315575752?pwd=aG9MaFVhRUfickxsTGFDQUtCQnRLUT09>
 - iii. *Meeting ID: 973 1557 5752*
 - iv. *Password: 235947*
- d. *Spanish: May 7th 5:30 PM*
 - i. <https://zoom.us/j/96213287062?pwd=dDISQlpkeHVNYU9xVU9yTG80UHdhUT09>
 - ii. *Meeting ID: 962 1328 7062*
 - iii. *Password: 102897*

2. "School Closure & Anxiety"

- a. *English: May 14th 10 AM & 5 PM*
- b. *Spanish: May 14th 10:30 AM & 5:30 PM*

3. "Coping with COVID-19 Related Stress"

- a. *English: May 21 10 AM & 5 PM*
- b. *Spanish: May 21 10:30 AM & 5:30 PM*