



Capistrano Unified School District Family Resource Center



Presents:

Parent Education Opportunities

For parents of elementary, middle and high school students

Coping in today's economy can be challenging and stressful. Sudden lifestyle changes can have an effect on the entire family. Discussing these feelings and concerns as a family is important. These workshops will help you develop strategies to cope. Please join us for one or more workshops.

October 6, 2009:

Optimist or Pessimist:

How to build confidence as a parent and in your children.

December 1, 2009:

Coping Skills: How to develop strategies to make it through the day.

February 2, 2010:

Communication: Talking and listening.

April 13, 2010:

Resources: How to reach out and get assistance from district and community resources.

Location:

Las Palmas Elementary School
Family Resource Center
Classroom P-38
1101 Calle Puente, San Clemente

November 3, 2009:

Optimist or Pessimist:

How to build confidence as a parent and in your children.

January 5, 2009:

Coping Skills: How to develop strategies to make it through the day.

March 2, 2010:

Communication: Talking and listening.

May 4, 2010:

Resources: How to reach out and get assistance from district and community resources.

Location:

Oak Grove Elementary School
Classroom P-20
22705 Sanborn, Aliso Viejo

Instructor:

Trish Bronson, CUSD School Counselor

Time:

6 to 7 p.m.

Please visit or call (949) 234-5597 to register. Material Fee: \$15.00 per person
Material fee waiver available. Please inquire if needed.

Family Resource Center Phone (949) 234-5597 Fax: (949) 369-9523
Las Palmas Elementary School, Room 38, 1101 Calle Puente, San Clemente, CA 92672
www.capousd.org