



PEBSAF Parent University is Coming to Preston Elementary School Free Virtual Workshops



Presented via Zoom Meeting ID: 812 5374 6755 Password: 527123		
Workshop Title	Date	Time
1. How anxiety can lead to disruptive behavior	11/03/2020	5:00 P.M.
2. Giving children with ADHD support and structure	11/10/2020	5:00 P.M.
3. Signs of depression	11/17/2020	5:00 P.M.
4. Coping with social anxiety	12/1/2020	5:00 P.M.
5. Teaching social skills at home	12/8/2020	5:00 P.M.
6. Managing anger and frustration	12/15/2020	5:00 P.M.
7. How to help children manage fears	1/12/2021	5:00 P.M.
8. The power of mindfulness	1/19/2021	5:00 P.M.

Presented in English with subtitles in Spanish

