



**PALOS VERDES PENINSULA
UNIFIED SCHOOL DISTRICT**

LET'S LEARN AND GROW TOGETHER!

**Fall Parent Education Series
with Dr. Moe Gelbart**

Executive Director, Thelma McMillen Recovery Center

Save the Date!

October 7, 2020 at 9 am:

***Managing the Emotions of Distance Learning:
Parenting in 2020***

November 4, 2020 at 9 am:

***Teens, Stress and Anxiety:
How Parents Can Help***

December 2, 2020 at 9 am:

***Building Resilience & Paving a Path for Success:
Tips for Elementary Parents***

***All meetings will be live-streamed and recorded.
Meeting information will be posted on pvpusd.net prior to each event.***

***For additional online youth wellness resources,
please visit SouthBayFamiliesConnected.org/PVUSD***