**THE NEST**

**A WELLNESS WORKSHOP SERIES FOR POLY FAMILIES**

---

**MONDAY**

**AUGUST 31**

**Navigating the Virtual School Day | 5:00-6:00 PM**

*Speakers: Valinda Bowens (A-G Counselor)  
Kristen Fraser (School Psychologist)*

Presentation will be in English, but will be translated into Spanish during Zoom meeting.

**Stress Management | 7:00-8:00 PM**

*Speakers: Valerie Blandino (PSW)  
Maribel Munguia (PSA)*

Presentation will be in English, but will be translated into Spanish during Zoom meeting.

---

**TUESDAY**

**SEPTEMBER 1**

**Accessing Poly’s Virtual Library | 5:30-6:00 PM**

*Speaker: Lisa Blackwell (Teacher-Librarian)*

**Summary:** Poly’s teacher-librarian, Lisa Blackwell, will demonstrate how you can turn your electronic devices into an endless library. She will also explain how to acquire a library card. Presentation will be in English, but will be translated into Spanish during Zoom meeting.

---

**WEDNESDAY**

**SEPTEMBER 2**

**Connecting with Your Adolescent | 5:00-6:00 PM**

*Speaker: Tarzana Treatment Center*

Separate English and Spanish session available. Please indicate language preference at time of registration, and Zoom link w/ preferred language will be sent to you.

---

**THURSDAY**

**SEPTEMBER 3**

**Substance Abuse in Youth | 5:00-6:00 PM (Spanish)**

*Speaker: Wellbeing Center Parent Educator*

Separate English and Spanish session available. Please indicate language preference at time of registration.

**Substance Abuse in Youth | 7:00-8:00 PM (English)**

*Speaker: Wellbeing Center Parent Educator*

Separate English and Spanish session available. Please indicate language preference at time of registration.