

# Parent University

**Monday, September 23**

**Parenting your Adolescent: Small Acts, Big Impacts** Presenter:

**Robyn Moses, Director of Mental Health Services, HBUHSD**— You'll enjoy learning key parenting strategies that WORK! Robyn's presentation is common-sense, humorous, and empowering.

**Monday, October 28**

**Students' Perception of Safety and Mental Health**

**Presented by Kayla Perkoski and Kylie Bernstein, Wellness Specialists, HBUHSD**—This presentation will review students' perception of safety and impacts on student mental health. Parents will learn strategies they can use that promote feelings of safety and wellbeing.



**Monday, January 27**

**Mindful Living for Chaotic Times**

**Presented by Cynthia Olaya, Student Support Psychologist, HBUHSD**—Parents and students will learn strategies to quiet the mind, reduce anxious feelings, and increase wellbeing.

**Monday, February 24**

**How to Raise Your Teenager Without Losing Your Mind**

**Presented by Tim Baker and Linda Temple, Psychologists, HBUHSD**—You will learn practical, take-home-and-use approaches to building a strong relationship with your student within this age of social media, cell phones, etc.

**Monday, March 23**

**The Impact of Social Media**

**Presented by Officer Angie Bennett, HBPD and Michelle Pendergast, Psychologist, HBUHSD**

Parents will learn practical information about social media, digital citizenship, and how to help your student navigate them safely.

**Monday April 27**

**Lessons Learned From the Field**

**Presented by Dr. Dan Bryan, Director of Student Services, HBUHSD**—Parents will have fun at this interactive session filled with humorous anecdotes and poignant lessons from over 25 years in education.

All presentations will be held at the Huntington Beach Union High School District Office

Address: 5832 Bolsa Ave. Huntington Beach, CA 92649

Presentations begin at 6:30 and last approximately one hour