

## Workshops

### Series of 8 workshops offered by LAUSD PSA Counselor Gretchen Ignacio

- Oct 4th **Workshop #1** How to effectively talk to your child (Part 1)
- Oct 10th **Workshop #2** How to effectively talk to your child (Part 2)
- Oct 17th **Workshop #3** Healthy Discipline (Part 1)  
\* Learn techniques from parents in control  
\* Age appropriate discipline
- Oct 24th **Workshop #4** Healthy Discipline (Part 2)  
\* Learn techniques from parents in control  
\* Age appropriate discipline
- Oct 31st **Workshop #5** Changing the way we think to become better parents (Part 1)  
**" MINDSET"**  
\* Identify strategies to help foster and develop a growth mindset in yourself and family.
- Nov 7th **Workshop #6** Changing the way we think to become better parents (Part 2)  
**" MINDSET"**  
\* Identify strategies to help foster and develop a growth mindset in yourself and family.
- Nov 14th **Workshop #7** Time Management
- Nov 28th **Workshop #8** Stress management