

PARENT WORKSHOP

Home Healing Resilience Workshop Series



Mindful Parenting: Tools for Calmer Days and Smoother Transitions

Join us for an engaging workshop to better understand the challenges that come with life's transitions. You'll learn about different types of anxiety and simple mindfulness practices you can use at home to support emotional well-being during times of change. We'll also explore the important role parents play in fostering emotional resilience and confidence in their children.

NEW Date!

Date: April 23, 2026

Time: 8:30 a.m. – 10:00 a.m.

Location: Virtual on Zoom



SCAN HERE

*Join
us*

<https://lausd.zoom.us/j/84042131178>

