

# April–June 2024

## CAREspace

Community | Access | Relationships | Emotional Wellness

## Parent Workshops and Classes



### Grief and Loss

Understand how grief and loss manifests and presents itself in people.

April 3 | 12:00–1:00 p.m. (English) | 1:00–2:00 p.m. (Spanish)

<https://rcoe.zoom.us/meeting/register/tJ0od-mgpzwsH9ODaM8Rr7xE3IsTatloiPLm>



### Addressing School Attendance Problems

School attendance is essential for academic, social, emotional, and vocational development. Learn solutions to improve school attendance.

April 23 | 12:00–1:00 p.m.

[https://rcoe.zoom.us/meeting/register/tJEsdumsrDwsGdTyn\\_RjxJhmzmrXLiXFB1u](https://rcoe.zoom.us/meeting/register/tJEsdumsrDwsGdTyn_RjxJhmzmrXLiXFB1u)



### Substance Use Awareness in Riverside County

Learn the common substances used in Riverside County, and their effects on the brain, behavior, and the well-being of your child.

May 7 | 12:00–1:00 p.m. (English) | 1:00–2:00 p.m. (Spanish)

[https://rcoe.zoom.us/meeting/register/tJUUpdOitrzMpG9R\\_PxCTm7amS0QGN9fZlaq8](https://rcoe.zoom.us/meeting/register/tJUUpdOitrzMpG9R_PxCTm7amS0QGN9fZlaq8)



### Special Education: What You Need to Know

Learn how to navigate and participate in the special education process in order to best support your child.

May 16 | 5:00–6:00 p.m. (English) | 6:00–7:00 p.m. (Spanish)

<https://rcoe.zoom.us/meeting/register/tJEUc-CrqlsEtHxtTddYlqtDGC0TP3sX8Mt>



### Transition to College- A Complete Guide for Teens and Parents

Explore the hardships that often accompany the transition from high school to adulthood.

June 11 | 5:00–6:00 p.m.

[https://rcoe.zoom.us/meeting/register/tJltcuqqqjwsGdG1NMt56W1z4dWL\\_rsxfpTR](https://rcoe.zoom.us/meeting/register/tJltcuqqqjwsGdG1NMt56W1z4dWL_rsxfpTR)



### Mental Health Supports for LGBTQ+ Children and Adolescents

Identify ways to support the mental health of children and adolescents in the LGBTQ+ community.

June 18 | 12:00–1:00 p.m.

<https://rcoe.zoom.us/meeting/register/tJwoc-iprTMiHdOYOVrCyekPbxmQ3X-Oi6lm>

For questions please call: 951-276-CARE (2273) or visit our website at: [www.rcoe.us/carespace](http://www.rcoe.us/carespace)

