



Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 2018	14	15	16	17	18	19	20
	21	22	23 Understanding Oppositional Behavior 9:30am-11:30am	24	25	26	27
	28	29	30	31 Understanding Anxiety 12pm-2pm	1 Oppositional Behavior Parent Discussion 9:30am-11:00am	2 Strategic Parenting #1 9:30am-11:30am	3
Feb 2018	4	5	6 Anxiety Parent Discussion 9:30am-11am	7 Social Emotional Supports Fair 6:00pm-8:00pm Shively Middle School	8	9 Strategic Parenting #2 9:30am-11:30am	10
	11	12	13 Understanding Depression and Suicide 9:30am-11:30am	14	15 Understanding Oppositional Behavior 5:00pm-7:00pm	16	17
	18	19	20	21	22 Understanding ADHD 9:30am-11:30am	23 Strategic Parenting #3 9:30am-11:30am	24
	25	26	27 ADHD Parent Discussion 9:30am-11am	28 Teaching students to manage emotions 12pm-2pm	1	2 Strategic Parenting #4 9:30am-11:30am	3

Registration for all workshops is required. Workshops are open to any parent in the district and are free of charge. Register by going to [www.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us); click Departments -> Special Education, then "Mental Health Parent Training Calendar" on the left. Childcare is available for evening classes only for children 2 years and up with RSVP two days prior. Contact Tiffany Lockhart at 951-696-1600 x1211 or [tlockhart@murrieta.k12.ca.us](mailto:tlockhart@murrieta.k12.ca.us) for questions or help registering. All classes are held at Murrieta Canyon Academy (Breakthrough Office) unless otherwise indicated, 24150 Hayes Ave, Murrieta, CA 92562.

## CLASS DESCRIPTIONS

**Strategic Parenting (Four Part Series):** A series of four parent workshops on how to use a positive, strategic approach to parenting. The focus is on identifying skills that students lack and how to proactively build the skills necessary for students to be successful at school and at home. Books and materials provided free of charge.

**Mental Health Education Classes (Anxiety, oppositional behavior and ADHD):** Parents will learn about characteristics of each of these conditions and strategies that can help students to be successful both at school and at home. Emphasis will be on understanding these conditions from a mental health perspective and how parents can help support growth

**Parent Discussion Groups:** These groups are designed for parents to come and share their experiences and gain support and ideas from other parents who may have walked a similar journey. Groups will be led by a mental health professional with emphasis on implementation of strategies and coping skills as taught in the mental health education classes. Parents are recommended to attend the education class first, but this is not a requirement.

**Understanding Depression and Suicide:** This workshop is designed to educate parents on the signs and symptoms of depression and suicide in children and teens. It will equip parents with the tools to effectively communicate with their child or teen about depression and suicide and coping skills to help students manage these feelings.

**Teaching students to manage emotions:** This workshop is intended to educate parents on ways of teaching students to regulate their emotions by implementing a thermometer color scale at home. Recommended for parents of children 5-12.