



DOWNEY UNIFIED SCHOOL DISTRICT

**Strengthening Families Toward
Academic Success During a Pandemic**



NEW SERIES!
With Dr. Grover Bravo



8-week series

Online Classes

Workshop Topics

- *How to Face New Challenges of a Family in Crisis Due to the Pandemic
- *Discipline: Organization, Order and Responsibility to Improve the Learning Process
- *Establishing Limits on the Excessive Use of Electronics and Good Time Management
 - *Communication with Children and Adolescents
 - *Coping with Stress and Anxiety in Times of a Family Crisis
- *Depression: A Mental Health Illness that Affects the Mood and Learning Process
 - *How to Resolve Family and Parent-Child Conflicts
 - *Resilience: Facing a Crisis in a Positive Way

**Workshop Classes are EVERY Tuesday from September 29 – November 17, 2020
8:30-10:30 a.m. OR 6:00-8:00 p.m.**

Registration is Free! Please Register At:

<https://bit.ly/3hfhfJd>

Classes will be delivered in Spanish but English translation will be available.
If you have any questions, please call Veronica Lizardi at
(562) 469-6568 or email at vlizardi@dusd.net