

Eagle Rock/Highland Park
Communities of Schools

Parent Workshop



**Supporting Anxious Student
During COVID-19, Practical
Guide For Parents**

**Thursday, September 9th, 2021
9:00-10:00am or 3:00pm-4:00pm**

**Zoom Link:
ID: 808 382 5278
Password: Rose**

YOU CAN EXPECT TO:

Know the common symptoms of anxiety that can manifest in children and youth

Understand the importance of incorporating self-care practices to reduce anxiety

Support connecting your struggling child with appropriate resources from your campus, LAUSD, and within the community during COVID-19 school.

**Eagle Rock/Highland
Park**
COMUNIDAD DE ESCUELAS
Taller
Para Padres



**Apoyando a los estudiantes
ansiosos durante Covid-19/Un
Guia Practico para Padres**

**Jueves, Septiembre 9, 2021
9:00-10:00am y 3:00-4:00pm**

**Zoom Link:
ID: 808 382 5278
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**LO QUE PUEDE
ESPERAR:**

Conocer los síntomas
comunes de la ansiedad
que pueden manifestarse
en niños y jóvenes

Comprender la
importancia de
incorporar practicas del
auto-cuidado para
reducir la ansiedad

Apoyar la conexión de su
hijo con los recursos
apropiados de su plantel
educativo, LAUSD y
dentro de la comunidad
durante COVID-19

