



**GLENDALE UNIFIED SCHOOL DISTRICT**  
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**Student Wellness Services**  
**Dr. Ilin Magran**  
**Director**

## PARENT/GUARDIAN AND CAREGIVER SUPPORT GROUP

*We're all in this together!*

Join us once a week to connect with your fellow Glendale Unified parents/guardians and caregivers for trainings, discussions, as well as question and answer opportunities.

### Topics include:

- ❖ *Supporting You While Your Student Is in Distance Learning*
- ❖ *Stress management*
- ❖ *Mindfulness*
- ❖ *Disciplining and setting limits*
- ❖ *Establishing structure and routine*
- ❖ *Building lasting family traditions*
- ❖ *Making connections and strengthening parent-child relationships*
- ❖ *Tantrums, tears, and tempers*
- ❖ *Diversity*
- ❖ *QPR (Question, Persuade, Refer)*

**This group is a place for parents/guardians and caregivers to ask questions, get answers, and feel safe and understood within a community of similar individuals. We are here to support families and help you grow your knowledge, skills, and abilities to support your own children and family, as well as each other.**



### WHEN:

**Elementary School**  
Friday's at 3:00PM  
[\(Click Here To Register\)](#)

**Middle & High School**  
Thursday's at 6:00PM  
[\(Click Here To Register\)](#)

### WHERE:

ZOOM  
Virtual Platform

This is a free service for parents/guardians and caregivers. Each group is facilitated by a therapist and an intern from the GUSD Student Wellness Services Department.

**FOR MORE INFORMATION  
PLEASE CONTACT:  
Student Wellness Services  
Department  
(818) 241-3111  
EXT. 1559**