



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, and question and answer opportunities.

Topics include:

- ❖ *Week 1: Supporting You While your Student is in Distance Learning*
- ❖ *Week 2: QPR (Question, Persuade, Refer)*
- ❖ *Week 3: Discipling and setting limits*
- ❖ *Week 4: Stress management*
- ❖ *Week 5: Establishing structure and routine*
- ❖ *Week 6: Mindfulness*
- ❖ *Week 7: Making connections and strengthening parent-child relationships*
- ❖ *Week 8: Tears, Tempers, and Emotions*
- ❖ *Week 9: Diversity*
- ❖ *Week 10: Building lasting Family Traditions*

This group is a place for parents/guardians and caregivers to ask questions, get answers, and feel safe and understood within a community of people like them. 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.



Wilson Middle School



WHEN:

Mondays starting
October 19th- January 18th
6:00-7:00pm

WHERE:

ZOOM
Register [HERE](#):

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

FOR MORE INFORMATION PLEASE CONTACT:

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