



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 training, discussions, and 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*
- ❖ *Teenagers and Their Emotions*
- ❖ *QPR*
- ❖ *Diversity*

**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.**



## Glendale High School



**Starting Day:**  
October 20, 2020

**Dates:**  
Tuesdays 10:00 am–11:00 am  
& 6:00 pm–7:00 pm

**Where:**  
ZOOM  
virtual platform  
(link)

**[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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