

# IRVINE FAMILY RESOURCE CENTER



## IFRC Parent Connection Process Group

Each Wednesday 9/29/21 - 10/27/21 for  
**Parents of Elementary Students**

**Description:** A 5 week virtual group for parents to come together as a community to strengthen connections with their child.

Each Thursday 9/30/21 - 10/28/21 for  
**Parents of Middle/High School Students**

### **Topics Include:**

- Regulation versus Dysregulation
- Connection before Correction
- Your Child's Love Language
- Forgiveness and Compassion

### **Facilitator:**

Anaissa Ibrahim-Mealiff  
Mental Health Specialist with IUSD

Click here for additional info:  
<https://bit.ly/ParentSupportGroupForm>

## **Tilly's Teen Empowerment Series is Back!**

**\*Now offering program for  
Middle School Students  
Starts Sept. 16th  
Grades: 7-12th grade  
8 Week In Person Group**

The "I AM ME" program was created to introduce young adults to life tools that build confidence, inspire compassion and encourage dreams with a caring, interactive, and creative environment.

**Click here for Tilly's flyer!**

Registration Guidelines:

Pre-registration needed to secure your spot! **Space is Limited**

## **District Wide Virtual Presentation By Hoag ASPIRE Program 9/15/21 6PM to 7:30PM**

COVID-19 has impacted and changed our world in many ways. Our youth have encountered a difficult time related to the transition and managing the stress associated with the current times. In this webinar, parents will be educated on what they can do to provide support, encouragement and navigating today's new reality for their teens during this transition.

**Click here for HOAG flyer!**

Zoom link will be provided to you upon registration

**These services are hosted by IUSD Irvine Family Resource Center**

Please contact: Christine Guerrero 949-936-7502 [christineguerrero@iusd.org](mailto:christineguerrero@iusd.org)  
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