

IRVINE FAMILY RESOURCE CENTER

Parent Enrichment Workshops

Having Hard Conversations

5/3/21 6-7pm

- Asking for what you need
- Be a compassionate listener
- Discover how to set limits on hot topics: Social media and game use!

Connection Before Correction

5/17/21 6-7pm

- What is emotional regulation
- How to manage emotions when triggered by your child/teen
- How to avoid power struggles

**Both nights open to grades K-12*

Presented By:

**Chandra Medina, LMFT
OC Revive IOP**

Is Your Child/Teen Pushing Your Buttons?

Positive Discipline Framework

5/10/21 Grades K-6

5/24/21 Grades 7-12

***Both 6-7pm**

- Learn about the four beliefs underlying your child/teen's misbehavior
- Identify positive strategies to respond to their behavior

Presented By:

**Prevention & Intervention
Katy Shobe**

*IFRC now accepting referrals for
short-term counseling, case
management & resource linkage!*

Workshop Registration Guidelines

Pre-registration needed to secure your spot!

Zoom link will be provided to you upon registration

Please Contact: Christine Guerrero, Supervisor of Mental Health Services

To register: 949-936-7502 or christineguerrero@iusd.org