

# IRVINE FAMILY RESOURCE CENTER

## IRVINE UNIFIED SCHOOL DISTRICT

### Parent Enrichment Workshops

#### Collective Recovery for Parents

Presented by: Anaissa Ibrahim-Mealiff, LMFT  
IUSD Mental Health Specialist  
Irvine Family Resource Center

This workshop outlines common reactions to stress experienced during the pandemic and learn how to support your child for academic success during these difficult times.

- Learn **strategies** to provide daily structure
- Develop helpful tips for **creating routines**
- **Time management** and **organizational skills**
- Improve **communication skills**
- Explore **self-care strategies** for you and your family

October 7, 2020

6-7pm

Parents of all grades



#### Building Resiliency in Youth

Presented by: Dr. Micaela Thordarson,  
Supervisor of CHOC  
Children's Intensive Outpatient Program

This workshop outlines specific, small steps parents can take to build resilience in their children/teen so that the rough patches are speed bumps and not derailments!

- Learn how to help children **take on challenges**
- **Bounce back** from difficulties
- Discover what is good **mood hygiene**
- Gain strategies to build **strong relationships**
- **Promote wellness**

October 13, 2020

6-7pm

Grades K-8 Parents

October 20, 2020

6-7pm

Grades 9-12 Parents

These workshops are hosted by the Irvine Family Resource Center

Workshops will be virtual and are offered **FREE** at this time

Registration Guidelines: Pre-registration needed to secure your spot! Limited space is available

**Zoom link will be provided upon registration**

Please contact Christine Guerrero to register at: 949-936-7502 or christineguerrero@iusd.org