



# JANUARY 11<sup>TH</sup>

## 6:00 PM BUSINESS MEETING

### 6:30 GUEST SPEAKER:

## MICHAEL URAM

### *GROWTH MINDSET FEELING CHECK-INS*

Topics with include:

- How to ask the right questions to have your child describe their emotional day
- What leads kids to seek out privacy
- Expanding your child’s emotional vocabulary and screening them for emotional concerns
- Brief summary of the most common situations children face that they likely won’t tell you

*Michael Uram, MA, LMFT, LPCC is a psychotherapist that specializes in treating ADHD, Asperger’s, Anxiety, Depression and Parenting difficulties. He sees individuals and families at his Newport Beach and Tustin offices. He is dually licensed as a Marriage and Family Therapist and a Licensed Professional Clinical Counselor. He has been practicing since 2008. He has written several articles for local newspapers and magazines (ParentingOC, OC Register, and OCMETRO) and has appeared on KCAL9 news. He regularly speaks to local groups, such as OCCHADD, church support groups, moms groups. He also conducts trainings at local schools. For more info, please visit Michaeluram.com*

The Community Advisory Committee (CAC) is a collaborative partnership comprised of parents of children with special needs, parents of general education students, educators, and community agencies working together to support activities on behalf of students with special needs.

# IUSD CAC

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A NOT TO MISS  
EVENT

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BRING A FRIEND

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PARENT EDUCATION

Irvine Unified  
School District

Board Room

5050 Barranca  
Parkway

Irvine, CA 92604

(949) 936-5000

Click here to visit the  
[IUSD SPED CAC Website](#)