

# VIRTUAL PARENT ACADEMY

WEDNESDAY, NOVEMBER 4<sup>TH</sup> 2020

5:30 - 7:30 P.M. VIA ZOOM

“IDENTIFYING DEPRESSIVE SYMPTOMS IN OUR YOUTH”

PRESENTED BY

**ROSALBA DE ROBBIO, LMFT**

- Learn to recognize signs of depression in your children.
- Develop positive coping skills for dealing with sadness, hopelessness, fatigue & lack of motivation
- Network with other parents struggling with similar challenges in their families.
- Discover resources available to help support you & your children.

All interested parents are invited to log onto:  
**[smusd-org.zoom.us/j/89376799784](https://smusd-org.zoom.us/j/89376799784)**  
to join this free class.

Future 2020 Virtual Parent Academy dates: 11/18, 12/2 & 12/16

Planned topics: Healthy Boundaries & Providing Structure; Managing Technology & Risks of Overexposure to Social Media; Positive Discipline Through Connection & Belonging

Target audience is parents of children 12 and above.

Brought to you by SMUSD's Department of Student Services in partnership with North County Family Counseling Specialists, NPA