

PEBSAF Parent University is Coming to Helen L. Dollahan Elementary



Free Virtual Workshops



Meeting ID: 948 3804 2879 Password: 229379

Workshop Title	Date	Time
1. Coping with social anxiety	2/03/2021	4:00 PM
2. Teaching social skills at home	2/10/2021	4:00 PM
3. Managing anger and frustration	2/17/2021	4:00 PM
4. How to help children manage fears	2/24/2021	4:00 PM
5. The power of mindfulness	3/03/2021	4:00 PM
6. The importance of parent involvement	3/10/2021	4:00 PM

Presented in English