



PEBSAF Parent University is Coming to Fitzgerald Elementary School



Free Virtual Workshops

Join Zoom Meeting

<https://us02web.zoom.us/j/83128893788?pwd=MnhDWnRlV1dsMG15cEILWVArTEpWZz09>

Presented via Zoom Meeting ID: **831 2889 3788** Password: **298817**

Workshop Title	Date	Time
1. How anxiety can lead to disruptive behavior	10/28/2020	6:00 P.M.
2. Giving children with ADHD support and structure	11/4/2020	6:00 P.M.
3. Signs of depression	11/18/2020	6:00 P.M.
4. Coping with social anxiety	12/2/2020	6:00 P.M.
5. Teaching social skills at home	12/9/2020	6:00 P.M.
6. Managing anger and frustration	12/16/2020	6:00 P.M.
7. How to help children manage fears	1/13/2021	6:00 P.M.
8. The power of mindfulness	1/20/2021	6:00 P.M.



Presented in English

