



PEBSAF Parent University **is Coming to** **Trapp Elementary School** **Free Virtual Workshops**



Presented via Zoom Meeting ID: 839 1812 5161 Password: 915737

Workshop Title	Date	Time
1. Managing anxiety, anger, and depression	12/09/2020	5:00 P.M.
2. Stress management for parents	1/13/2021	5:00 P.M.
3. Let's talk: How to communicate with your child without arguing and violence	1/27/2021	5:00 P.M.
4. Diversity: Teaching your child to respect other ideas, feelings, and beliefs	2/10/2021	5:00 P.M.
5. Resources available for students with special needs	2/24/2021	5:00 P.M.
6. Family and social support: Encouraging good habits and values in the family	3/10/2021	5:00 P.M.
7. Resilience: Guiding your child to academic success	3/31/2021	5:00 P.M.
8. Helping your child become more responsible: Strengthening positive behavior	4/14/2021	5:00 P.M.
9. Developing study skills for students with ADHD	5/05/2021	5:00 P.M.

Presented in English with subtitles in Spanish