iMatter

LAUSD UNIFIED

SCHOOL MENTAL HEALTH AND WELLNESS SERVICES

PARENT WORKSHOP

Home Healing Resilience Workshop Series

Nurturing You, While Nurturing Them



Please join us for a parent/caregiver workshop to explore ways to enhance your family's physical, mental, and emotional health. Discover practical tools and resources to foster a balanced lifestyle.

Date: December 4, 2026

Time: 8:30 a.m. - 10:00 a.m.

Location: Virtual on Zoom

SCAN HERE

Join us

https://lausd.zoom.us/j/84042131178