

FAMILY ACADEMY COURSE CATALOGUE


For Students, Parents, and Caregivers

MAY 2026

MENTAL HEALTH SERIES: MENTAL HEALTH AWARENESS

Per the World Health Organization (WHO), Mental health is a state of mental well-being that enables people to cope with stresses of life, realize their abilities, learn and work well, and contribute to their community. It has intrinsic and instrumental value and is a basic human right. This **Mental Health Awareness** workshop conducted by Region South Mental Health Consultants, Ms. Lathanya Thomas-Carr and Ms. Liana Díaz, will help us have an understanding of the basics of mental health. It will teach us how to identify the signs when our children may need additional help and learn how to promote good mental health in our families by seeking help.


NOTE: SESSION IN ENGLISH STARTS AT 8:30AM

Date and Time	Location	Join here
Tuesday, May 5, 2026 8:30 – 9:30am	Location: Graham Elementary School Address: 8407 S. Fir Ave, Los Angeles, CA 90001 Zoom: https://lausd.zoom.us/j/81127472673 ID: 811 2747 2673	

RAISING READERS: SIMPLE STRATEGIES FOR LIFELONG SUCCESS

Reading, we know, is a crucial skill for student success. Students are asked to answer questions and think critically about what they have read, so it is essential that together, school and home, collaborate to support our students' journey as they become effective and engaged readers. Join us to learn how reading at home helps students perform better in school and in life!

NOTE: SESSION IN ENGLISH STARTS AT 8:30AM


Date and Time	Location	Join here
Monday, May 11, 2026 8:30 – 9:30am	Location: John Muir Middle School Address: 5929 S. Vermont Ave., Los Angeles, CA 90044 Zoom: https://lausd.zoom.us/j/81127472673 ID: 811 2747 2673	

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EMPOWERMENT THROUGH ACTION SERIES: QUALI-TEA TIME WITH MOM: MANAGING SELF-CARE


During today's presentation, we will delve into the importance of practicing self-care and we will learn the science behind why practicing self-care is important for maintaining a healthy life. Join us to learn strategies that will help us improve our physical and mental health, sustain healthy relationships, reduce stress, avoid burnout, and prioritize our emotional well-being!

Date and Time	Location	Join here
Thursday, May 14, 2026 8:30 – 10:00am	Zoom: https://lausd.zoom.us/j/81127472673 ID: 811 2747 2673	

SUMMER OF LEARNING: LEARNING WITH PURPOSE, REACHING YOUR GOALS!

Help your child make this summer a winning season for learning! Join us to explore engaging summer programs designed to support academic growth, enrichment, and success for students across grade levels. We will provide a helpful overview of available opportunities, including supports for diverse learning needs, and guide families through how to register their children. Don't miss this chance to help your child stay engaged, build skills, and start the next school year strong!


NOTE: SESSION IN ENGLISH STARTS AT 8:30AM

Date and Time	Location	Join here
Monday, May 18, 2026 8:30 – 9:30am	Zoom: https://lausd.zoom.us/j/81127472673 ID: 811 2747 2673	

MENTAL HEALTH SERIES: PSYCHOLOGICAL FIRST AID

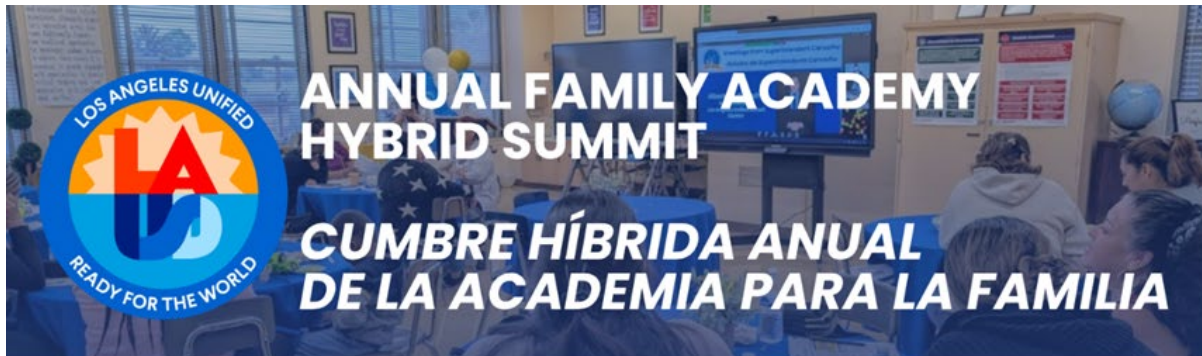
Learn about the impact that mental health and trauma can have on your child's behavior and learning. Learn about Psychological First Aid and how to use it when supporting your child's social-emotional and mental health needs. Learn to assess your personal needs as a parent and discuss self-care strategies. Join us for this important presentation conducted by our Region South Mental Health Consultants, Lizeth Robles and Miguel Garcia.

NOTE: SESSION IN ENGLISH STARTS AT 8:30AM

Date and Time	Location	Join here
Wednesday, May 20, 2026 8:30 – 9:30am	Location: Banning High School Address: 1527 Lakme Ave., Wilmington, CA 90744 Zoom: https://lausd.zoom.us/j/81127472673 ID: 811 2747 2673	

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Friday, May 8, 2026 **Viernes, 8 de mayo, 2026**

8:30am – 12:00pm

TOPICS:

- Math
- Literacy
- Financial Literacy
- Nutrition
- Multicultural and Multilingual Identity
- Educational Technology

TEMAS:

- Matemáticas
- Lectoescritura
- Educación financiera
- Nutrición
- Identidad multicultural y multilingüe
- Tecnología educativa

Speak to Parent and Family Center personnel at your child's school about attending the Summit from a Watch Party.

Comuníquese con el personal del Centro de Padres y Familias de la escuela de su hijo(a) para obtener información sobre cómo participar en la Cumbre a través de una "watch party".

OR

OR

Scan the QR image or click on the link below to register for online or in-person attendance.



Escanee el código QR o haga clic en el enlace a continuación para registrarse y asistir en línea o de manera presencial.

bit.ly/FamilyAcademySummit26

Location / Ubicación: 1360 W. Temple St. Los Angeles, CA 90026

Zoom: bit.ly/familyacademywebinar

ID: 886 6726 7600

****Disclaimer:**** Visit: LAUSD.org/FamilyAcademy to download the latest versions of the course catalogues. There are frequent adjustments made during the semester.

FAMILY ACADEMY COURSE CATALOGUE

For Students, Parents, and Caregivers



WE ARE ONE KNOW YOUR RIGHTS WORKSHOPS



DATES & TIMES:

Weekly Friday* workshops begin **August 22, 2025.**

Morning

1st & 3rd Fridays from 9:00 – 10:30AM

Evening

2nd & 4th Fridays from 5:00 – 6:30PM

*No sessions on holidays or during LAUSD recess periods.



ZOOM INFORMATION:

Zoom URL: bit.ly/WeAreOneLAUSD

Zoom ID: 895 5755 5227



LANGUAGE SUPPORT:

Simultaneous Spanish interpretation will be offered.

Families and schools across L.A. are invited to come together for this powerful weekly workshop designed to inform, support, and empower our communities.

Developed with the help of trusted nonprofit experts, these sessions cover key topics like legal rights as immigrants, education, housing, health, and more. While not offering legal advice, the workshops provide vital tools, resources, and connections to help families stay prepared and resilient.

Principals are encouraged to share this opportunity with families and help build a stronger school community by hosting on-campus watch parties. These gatherings not only offer a space to learn but also create moments for connection, mutual support, and community-building. Let's grow stronger—together.

Disclaimer: LAUSD does not offer legal advice. The workshops are for informational purposes only and the content is subject to revisions and updates depending on any changes in policies, procedures, and law. For legal counsel, please consult with licensed attorneys.

To get a Red Card, please contact your school site and use the following QR code to download a copy in your language of preference.



WE ARE ONE: "KNOW YOUR RIGHTS" VIRTUAL WORKSHOP

Join here



Zoom URL: <https://bit.ly/WeAreOneLAUSD>

Zoom ID: 895 5755 5227

Date	Time
Friday, May 1, 2026	9:00 – 10:30am
Friday, May 8, 2026	5:00 – 6:30pm
Friday, May 15, 2026	9:00 – 10:30am
Friday, May 22, 2026	5:00 – 6:30pm

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