

Community Education Series Workshops



Understanding Mental Health for Our Children

Presented by  z cares

We welcome all parents and guardians to join us for an interactive workshop that will help with understanding mental health, especially in our children. Talking about mental health with our children can be uncomfortable and scary. This workshop aims to build awareness, reduce the stigma associated with youth mental health and help define the parent or caregivers role in mental health.

7:00pm to 8:30pm
Course #23582

04.15.21



Mental Health: A Discussion for Teens

Presented by  z cares

Calling all teenagers (students in middle school and high school) to join us for an interactive workshop to better understand mental health and when to ask for support. During this session we hope to open up meaningful dialogue and reduce the stigma associated with mental health. Sessions include meaningful film clips to stimulate conversation and awareness followed by peer to peer and leader led discussions.

7:00pm to 8:30pm
Course #23583

04.21.21



Balance Your Environment & Life: Work, Teach & Parent

Presented by Rachel Sklar, MSW

Learn strategies to avoid power struggles, and create routines while working from home, running a pop-up school, and trying to care for your family and yourself. Parents will adopt a new mindset around prioritizing relationships while also teaching kids to be independent and setting up environments for success.

7:00pm to 8:30pm
Course #23584

04.29.21



FREE REGISTRATION
WWW.PLEASANTONFUN.COM



QUESTIONS CONTACT JMIRELES@CITYOFPLEASANTONCA.GOV

All Workshops are Virtual via Zoom
After registration you will be emailed with a link to join
the Community Education Workshops!