



## Parent Webinars

Livermore Learns is a parent education program designed to educate, inform, and engage parents and guardians as they support their children throughout their education.

Thank you to the Pedrozzi Foundation for support of this program!



Questions? Email  
[communityengagement@lvjUSD.org](mailto:communityengagement@lvjUSD.org)

# LIVERMORE LEARNS

## January 2021 Webinars

### **COPING WITH ANXIETY & DEPRESSION**

**Tuesday, January 26, 2021 from 7-8pm**

Facilitated by Kaiser Permanente

We will explore the common symptoms of anxiety and depression in adults, and discuss the mind-body connection in managing symptoms of both diagnoses. We will also review the biological basis of stress, anxiety & depression and help with the identification of presenting symptoms and problems. This information will guide parents in evaluating and supporting their children during stressful times. Strategies for emotional regulation during times of high distress will be explored & can be applied to support children and loved ones throughout the COVID-19 pandemic.

### **COPING WITH GRIEF & LOSS**

**Wednesday, January 27, 2021 from 7-8pm**

Facilitated by Kaiser Permanente

Grief can be challenging to navigate, and throughout the COVID-19 pandemic many people lost loved ones in addition any semblance of daily normalcy. This presentation will include research regarding the stages of grief, the complex nature of grief/loss, and the experience of anticipatory grief. We will discuss strategies to support parents with how to talk to their children about grief and loss. Additionally, coping techniques and exercises to support both adults and children during the grieving process will be provided.

### **How to Register:**

- Select the desired webinar from the homepage calendar of your school or district website.
- To register, you must be signed in to the website. If you need to create an account, you can do so in a few quick minutes. Instructions are provided in the event details for each webinar.
- Registered participants will be emailed meeting links approximately 2 hours prior to your session.