

WALNUT CREEK SCHOOL DISTRICT PARENT EDUCATION SERIES



**Please mark your calendars for our next Parent Education Presentation**

**February 3rd at 7:00 PM:  
Building Family Resilience**

**Featuring Guest Presenter: Fernando Lopez, M.A.,  
The Mental Component**

Going through life with your family often feels like you are building an airplane mid-air. With the unexpected changes, difficulties, and major life events we face, how you handle them can either promote a resilient family or move more issues down the road. This presentation will look at how we can build a stronger family system by exploring the roles of the family members, family goals, the strengths of the family, and how to create an environment where growth is encouraged. While there is no guarantee life will always be bliss, these strategies can help set a strong foundation to combat the difficulties of life and the impact it has on the family.

Please join us for this live and interactive webinar. [Click here to register.](#)