



WALNUT CREEK SCHOOL DISTRICT PARENT EDUCATION SERIES

The Walnut Creek School District is pleased to offer a series of training sessions for our parents. We will be covering topics ranging from managing stress and anxiety to how to set up a workspace at home. Please join us for a time of learning, sharing and asking questions. Parenting during a pandemic is stressful and we are here to support you.

March 11th, 10 AM

Executive Functioning Focus: The Abstract Skills

[REGISTER HERE](#)

This webinar will focus on helping parents support their child in the areas of: metacognition, sustained attention, working memory, self-control, flexibility and perseverance. The discussion will focus on what these are and what you can do at home to help develop and practice these skills.

Presenters: WCSO Counselors,

Emily Foster (WCI), Michael Constantin (WCI), and Dayna Wagner (Tice Creek)

Parent Education & Services to Support Distance Learning

Several [WCSO Parent Tutorials for Remote Learning](#) have been developed to support families with remote learning. These tutorials can be accessed at any time to meet the needs of each family's schedule.