



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.

August 13th, 4:00-4:45 PM

Tips for Returning to School - [Register for Webinar](#)

This session is designed to support families as you prepare for full distance learning. Topics covered will include family mindset, implementing schedules/routines, setting up learning space, and the role of the parent during distance learning.

Presenters: WCS D Counselors: Emily Foster (WCI), Michael Constantin (WCI), and Dayna Wagner (Tice Creek)

August 27th, 9:00-9:45 AM

How to Create and Maintain Connections - [Register for Webinar](#)

In this training we will be discussing how to help your child(ren) develop positive connections with their peers and teachers. Included in this discussion will be information on how to structure and facilitate electronic communication.

Presenters: WCS D Counselors: Emily Foster (WCI), Michael Constantin (WCI), and Dayna Wagner (Tice Creek)

September 10, 7:00-7:30 PM

Beating the COVID Blues - [Register for Webinar](#)

COVID 19 has many of us feeling down, discouraged, and disconnected. This training will explore some strategies that kids and parents can use to overcome negative feelings.

Presenters: WCS D School Psychologists

September 24, 1:30-2:00 PM

How to Utilize and Implement Positive Reinforcement at Home - [Register for this Webinar](#)

This session will focus on how to implement positive behavior supports at home including how to provide corrective feedback, how to create behavioral contracts, and how to provide your child with praise and encouragement.

Presenter: Tonya Amani, WCS D Behaviorist

October 8, 4:00-5:00 PM

Tips for Stress Management for Students and Parents - [Register for Webinar](#)

Managing school, work, and daily to do lists can be stressful and overwhelming. Here, we will review some resources and tools that families can use to cope with stress.

Presenters: WCS D School Psychologists

Parent Education & Services to Support Distance Learning

Several [WCS D 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.