



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 navigate difficult conversations. 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.

October 27th, 6:30-7:30 PM

Cyber Safety - [Register for Webinar](#)

This session is designed to inform parents about the latest cyber safety concerns that our children are posed with. The presentation will give parents the tools to know how to navigate the issues their child may encounter while living in the internet/social media world. The presentation will include a Q & A session in which Darryl can answer general cyber safety questions parents might have. Additionally, Director Fernandez will provide parents with an orientation to [Securly](#), our internet filtering app that parents can access at home. **This presentation is geared towards parents of 5th-8th grade students.**

Presenters: Darryl Holcombe, Head of the Internet Crimes Against Children's division in the Contra Costa District Attorney's Office, Ruben Fernandez, WCSD Director of Operations

November 4, 6:30-7:30 PM

Compassionate Dialogue - [Register for Webinar](#)

In support of [WCSD Focus on Equity](#) you're invited to meet our Equity Professional Development partners. You'll be introduced to Epoch Education's RIR protocol (Recognize It, Interrupt It, Repair It), which is a framework for engaging in Compassionate Dialogue in order to address issues of inequity. The protocol helps develop skills for self-reflection, effective communication, and provides a common language for examining systemic equity issues. This will be a participatory workshop.

Presenters: Epoch Education

November 15, 9:00-10:00 AM

WCSD Wellness Program - [Register for Webinar](#)

Have you heard about the new WCSD Wellness Program? In this session, we will learn about aspects of our Wellness Program including an introduction to the WCSD Social and Emotional Learning (SEL) Standards, Morning Meeting and Advisory SEL lessons and integrated SEL practices that support students developing SEL skills.

Presenters: Dayna Wagner, School Counselor and Tiffany Downey, Student Support Liaison

December 6, 6:30-7:30 PM

Having Difficult Conversations - [Register for this Webinar](#)

This session will focus on how to capitalize on opportunities during school breaks to navigate uncomfortable conversations with your developing tween. Learn strategies for recognizing your child's secret curiosities, practice healthy communication techniques, build space for a deeper connection and be introduced to practical resources to assist in navigating potential conversations.

Presenters: WCSD Wellness Coordinators: Adriane Winslow LMFT and Corey Cohen LCSW