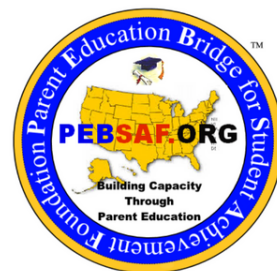




## Bellflower High



**Presented in English**

[Click here to access the workshop via Zoom](#)

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PARENT UNIVERSITY	Date	Time
Parent involvement: The foundation for student academic success	10/5/2023	6:00 PM
Helping your child improve communication with his/her teacher	10/12/2023	6:00 PM
How to motivate your teenager	10/19/2023	6:00 PM
Strategies to solve problems constructively	11/2/2023	6:00 PM
Introduction: What is emotional intelligence	11/9/2023	6:00 PM
Managing Mindsets and Self Talk	11/16/2023	6:00 PM
How anxiety affects behavior at home and in school	11/30/2023	6:00 PM
Stress management techniques for the entire family	12/7/2023	6:00 PM
Let us talk: How to communicate with your child without arguing and violence	12/14/2023	6:00 PM



Parent Education Bridge for Student Achievement Foundation [PEBSAF.ORG](https://PEBSAF.ORG)