

FAMILY ACADEMY COURSE CATALOGUE

For Students, Parents and Caregivers

JANUARY 2025

HOW TO BE A RESILIENT FAMILY

How to strengthen the social emotional muscles so you and your family can thrive despite past and present adversities. Families will learn about a term, psychological first aid, and other strategies to care for you and your family's health.

Date and Time

Tuesday, January 14, 2025
5:00 - 6:00 pm

Location

Zoom: https://bit.ly/VAEOS_Family_Academy_Webinar
ID: 862 9624 5949

SOCIAL EMOTIONAL LEARNING (SEL): WHAT IT IS AND WHY IT'S IMPORTANT RIGHT NOW!

SEL is a set of inter and intrapersonal skills that support success in school, the workplace, relationships, and the community. Learn to support growth in your student in the SEL competency of Social Awareness, including specific strategies to strengthen communication about school.

Date and Time

Thursday, January 23, 2025
5:00 - 6:00 pm

Location

Zoom: https://bit.ly/VAEOS_Family_Academy_Webinar
ID: 862 9624 5949

RIGHTFUL PRESENCE: FOSTERING A SENSE OF BELONGING IN SCHOOL

IEP teams are tasked with finding the least restrictive environment for students with disabilities, but parents may have concerns as to how their children will receive the services and supports they need there. This presentation will provide families with information regarding why time with peers in general education can build student achievement and independence and will give suggestions for how families can set children up for success.

Date and Time

Wednesday, January 29, 2025
1:00 - 2:15 pm

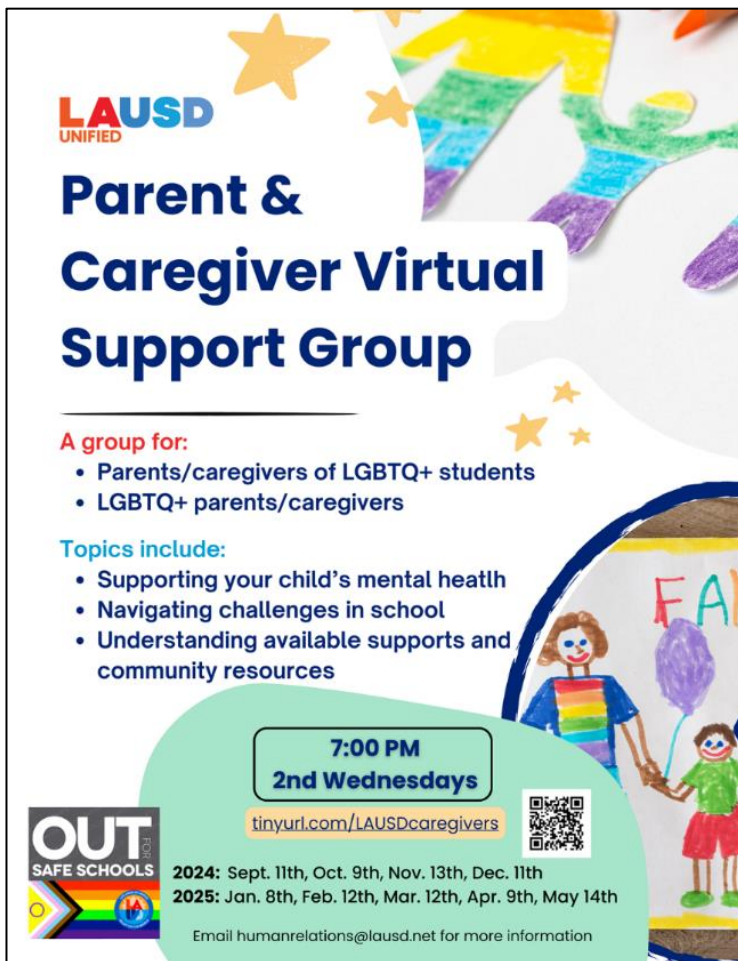
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Resources for Students and Families



LAUSD UNIFIED

Parent & Caregiver Virtual Support Group

A group for:


- Parents/caregivers of LGBTQ+ students
- LGBTQ+ parents/caregivers

Topics include:

- Supporting your child's mental health
- Navigating challenges in school
- Understanding available supports and community resources

7:00 PM
2nd Wednesdays

tinyurl.com/LAUSDcaregivers



OUT SAFE SCHOOLS

2024: Sept. 11th, Oct. 9th, Nov. 13th, Dec. 11th
2025: Jan. 8th, Feb. 12th, Mar. 12th, Apr. 9th, May 14th

Email humanrelations@lausd.net for more information



Los Angeles Unified's Student & Family Wellness Hotline
Consultations, Support & Referrals

Need help?
Call (213) 241-3840
Weekdays 8 a.m. to 5 p.m.

For support with: Mental Health, Immunizations, Health Insurance, Food and Housing, Enrollment and more



El Distrito Unificado de Los Angeles Línea de Información de Bienestar Familiar y Estudiantil
Consultas, Apoyo y Remisiones a Services

¿Necesita ayuda?
Llame al (213) 241-3840
Días laborables 8 a.m. a 5 p.m.

Para recibir apoyo en: Salud Mental, Vacunas, Seguro Médico, Comida y Vivienda Inscripción y más

Learn more/Aprende más

****Disclaimer:**** The details provided in this Course Catalogue may be subject to change without prior notice. For the most up-to-date information on workshop offerings, including any changes to dates, times, locations, and topics, please refer to: LAUSD.org/FamilyAcademy