

Healthy Viking Initiative Presents...

Fall 2020 Workshops for LBCC Student Parents



Brianna Reyes, LMFT part-time mental health clinician at student health services. I have worked with families, adults, and children throughout my career in the mental health field.

This is a great workshop for anyone wanting to learn more about factors that contribute to parent-child relationships & families. Learn about your temperament, the impact on parenting, and positive parenting techniques. Learn about healthy and unhealthy relationships and impact on children/families.

Parenting by Temperament:

Learn about Your Temperament & Impact on Parenting

Thurs, Oct. 15th, 2020

Parenting by Temperament:

Strategies for Parenting

Thurs., Oct. 29th, 2020

Healthy & Unhealthy Relationships:

The Impact on Children

Thurs., Nov. 12th, 2020

Time: 2:30-3:30pm

[https://zoom.us/j/93270883401?](https://zoom.us/j/93270883401?pwd=MktvVU1tNWd3NG1kVXBqWXFvcHF5UT09)

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Zoom Meeting ID: 932 7088 3401

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or dsp-staff@lbcc.edu.

If you require sign language interpreting services,
please contact Stephanie Bonales at
sbonales@lbcc.edu or (562) 938-4918
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