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?pwd=MktvVU1tNWd3NG1kVXBqWXFvchF5UT09
Zoom Meeting ID: 932 7088 3401