

Middle and High School Virtual Parent Academy

Wednesday October 28, 6:30 - 8:30 p.m.

Dealing with Anxiety

Speaker: Kiley Lizama

Wednesday November 4, 5:30 - 7:30 p.m.

Identifying Depressive Symptoms in our Youth

Speaker: Rosalba DeRobbio

Wednesday November 18, 5:30 - 7:30 p.m.

Healthy Boundaries & Providing Structure

Speaker: Bindhu Davis

Wednesday December 2, 5:30- 7:30 p.m.

Managing Technology & Risks of Social Media Overexposure

Speaker: Rae Martin

Wednesday December 16, 5:30 - 7:30 p.m.

Positive Discipline through Connection & Belonging

Speaker: Shannon Nosenzo

ZOOM [Link](#) for each session:
smusd-org.zoom.us/j/89376799784

Brought to you by SMUSD Department of Student Services
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