

PARENT WORKSHOP

Home Healing Resilience Workshop Series



Nurturing You, While Nurturing Them

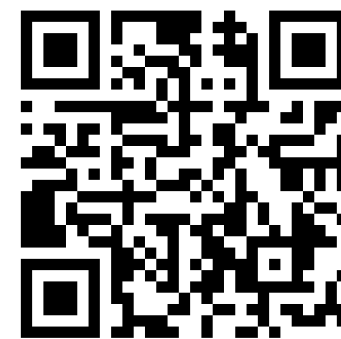
Please join us for a parent/caregiver workshop to explore ways to enhance your family's physical, mental, and emotional health.

Discover practical tools and resources to foster a balanced lifestyle.

Date: February 20, 2026

Time: 8:30 a.m. – 10:00 a.m.

Location: Virtual on Zoom



SCAN HERE

Join
US

<https://lausd.zoom.us/j/84042131178>