

# PARENT WORKSHOP

## Setting Expectations and Finding Balance During Distance Learning



**Wednesday, October 14 at**  
**6:00pm**

**Join Zoom Meeting**

<https://zoom.us/j/93551625418?pwd=OHVmQVR4RnpxcEIHRzY3N0JKSUI6QT09>

Meeting ID: 935 5162 5418  
Passcode: ZaX3gx

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**Thursday, October 15, at**  
**2:00pm**

Join Zoom Meeting

<https://zoom.us/j/93128699346?pwd=MjFna0dLaUg0ZnR1TkJTbFQ0UEpNZz09>

Meeting ID: 931 2869 9346  
Passcode: 34heXd

**Facilitated by**  
**Mr. Cooper & Mr. Garcia**  
**District Counselors**

### Our Goals for this Workshop

1. Learn healthy boundaries and expectations for your children during distance learning.
2. Identify more ways we can support our children during these difficult times.
3. Understand more about having a balance with screen time: what is the recommended amount?
4. Gain perspective on how we take care of our families and manage the challenges we face on a daily basis.

