



FocusedKids and FocusedFamilies

We are here for you!



Parents, join us as we connect, practice, and take away tools for creating more calm in your home during these uncertain times.

Our weekly 30 minute conversations will be led separately in Spanish by Yolanda Gonzales and in English by Amanda Petersen. The same session will be offered live twice a week.

Join the conversation with FocusedKids and parents as we navigate these challenging times. FocusedKids' new parent program aims to support families as you prepare to send your children back to school virtually or in-person this Fall. We will provide parents with calming strategies so you can show up for yourself and kids in a healthy way.

Topics include the developing brain, managing stress and trauma using mindfulness, decreasing isolation, and parenting children for social, emotional, and school success.

When: Beginning **Thursday, August 20 @ 7 pm** and continuing every Tuesday @ 9 am and Thursday at 7 pm beginning the week of August 24 through September 25.

Feel free to contact us with questions: amanda@focusedkid.org or ygonzales@rfschools.com

Get the weekly zoom link here:

[English Link](#)

[Espanol link](#)

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