



FocusedKids™ FocusedFamilies

focusedkids.org

PARENT COACHING SERIES

Join the conversation with FocusedKids and parents as we connect, practice, and take away tools for creating more calm in your home during these still uncertain times. We will provide parents with strategies so you can show up for yourself and kids in a healthy way.

Three Weekly Zoom Sessions Offered in Spanish and English

The conversations will be led separately in Spanish by Yolanda Gonzales and in English by Amanda Petersen. Topics covered include:

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

Two Fall Sessions

- Session 1: Tuesdays 7-8 PM – Sept. 21, Sept. 28, Oct. 5
- Session 2: Tuesdays 7-8 PM – Oct. 19, Oct. 26, Nov. 2

Learn More

Visit focusedkids.org for more information. Feel free to contact us with questions at amanda@focusedkids.org or yolanda@focusedkids.org.

SAVE YOUR SPOT



Amanda
Petersen



Yolanda
Gonzales