



## Trainings & Groups– October

### ▶ SUPPORTING OUR LGBTQ+ KIDS

Register for our LIVE webinar (English & Spanish)

**October 2 @ 9am** Register Here: <https://bit.ly/3mQHnOS>

**October 23 @ 9 am** Register Here: <https://bit.ly/340I9kS>

This training is designed to help support our LGBTQ + kids at school, and in the classroom. There are many LGBTQ+ kids in all classrooms in our schools who are often uncomfortable being out and open about their sexuality or gender identity due to fears of being unsafe, unwelcomed or not included. It makes a huge difference to their mental health wellbeing when LGBTQ+ kids perceive their school and home safe environments, knowing that there are parents, teachers, administrators, and other adults who they can trust. This is why it is extremely important for schools, homes, and other environments learn how to be welcoming places for all LGBTQ+ kids.

### ▶ GREIF & LOSS: Supporting our Students

**LIVE Webinar: October 21 @ 3pm** (English & Spanish)

Register Here: <https://bit.ly/3mZOK6B>

Offered Monthly throughout the year, this Grief & Loss presentation is intended to assist parents and staff in learning the meaning of grief and loss, learning to explore personal variations in emotions and behaviors related to their experienced loss, while learning healthy coping skills and healthy thinking patterns.

### ▶ MINDFUL MONDAY: Self-Care

**LIVE Webinars: October 12**

Register Here:

parents 1pm: <https://bit.ly/3cKaiiN>

staff 2pm: <https://bit.ly/30nUtJz>

students 3pm: <https://bit.ly/36koqhr>

A monthly video series sharing mindfulness strategies for students, families, and staff.

### ▶ Pre-Recorded Video and Handouts

Launched each month HERE: <https://www.stocktonusd.net/Page/13599>

▶ Want a refill? Recharge by checking out pre-recorded content about behavior, and mental health topics and curated resource library from our Mental Health Clinicians, Behavior Support Specialists, and BCBA's

<https://padlet.com/mhbss/6ecktpqn8nc8k6g>

**Reston  
COFFEE TALK**

### ▶ EPIC (Empowering Parents to Influence their Children) LIVE 4 week training course (Spanish & English):

**October 14, 21, 28 & Nov 4 @ 3-5pm**

Register Here: <https://zoom.us/meeting/register/tJEuc-2sqjlg9b0jP0J3tcHIXkhbvr0pHiM>

EPIC is a 4 week training course (2 hours per session) designed for SUSD parents that are in need of new parenting interventions.

EPIC is intended to improve moderate to severe behavioral problems for children ages 5 and up, what we call "strong-willed" EPIC is based on the highly successful and proven Parent Project® program

EPIC is made specifically for parents that need answers regarding how to parent more effectively with their difficult or out-of-control children, what we call "strong-willed" kids.

Behaviors such as:

- Tantrums
- Yelling
- Swearing
- Hitting
- Not doing homework
- Refusing to go to school chore refusal



EPIC will directly assist SUSD parents to: Express love in ways their children understand, Use praise effectively use positive consequences effectively use negative consequences effectively establish family norms build a support network with each other.



Visit Our  
*Virtual Calming Room*

Time to take a break?

- Watch live animal cams
- Learn to draw
- Go on a virtual kayak ride
- Watch calming videos
- Get in some exercise
- Practice breathing techniques
- Mindfulness Techniques
- and more!

<https://www.stocktonusd.net/calm>