



Please Join the PVPUSD, Department of Pupil Services for
**A Series of Interactive Workshops For PARENTS of
Children with Special Needs.**

November 18, 2016, 9-11am* - Health & Wellness for YOU

Our overall health affects our physical energy that we NEED in order to work, parent & play. In this workshop we will define health & wellness for each of you individually, and create small steps for change that will benefit you and your entire family.

January 20, 2017, 9-11am - How to become a Time Warrior

We each have 24 hours in a day - sometimes you don't "have enough" and sometimes things seem to take forever. In this workshop we will talk about how to make time work for you by slowing things down and becoming a Time Warrior.

March 24, 2017, 9-11am - Dynamic Communication Today

Conversations happen all day with a variety of different people - our kids, teachers, partners, etc. How we interpret each of these interactions is based on our view of the world around us. In this workshop we are going to talk about our interpretations and our internal dialogue about those interactions.

May 5, 2017, 9-11am - Calmer Transitions for All

The summer months and the next school year are frequently stressful for the entire family, whether you have a special child or not. This last workshop will focus on more specific transitions and how to create a calmer environment in the home.

**Meeting times may change if there is enough interest in an evening Workshop.*

There will be live coaching sessions for volunteers and time for Q & A.

All workshops will be held at the Malaga Cove Administrative Offices, Community Room

Any questions, please contact:

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Tina Quinn

Tina is an internationally certified life coach and has a child with special needs. She works with parents and small business owners who want to create a more prosperous and joyful life. Bringing almost two decades of personal experience, she helps her clients shift from focusing on problems and fighting fires to proactively creating solutions and tapping