

Monday

Just Talk, You Got This! - High School

Students let's reconnect! Join us for fun activities and support. Meet new people, gain some coping skills, and learn from each other. We are in this together!

Time: 2:30pm - 3:15pm

Host: Cassandra Willis & Jenna Mendez

Link: <https://bit.ly/PCJustTalkHS>

Zoom Meeting ID: 977 4608 0961

Just Talk, You Got This! - Intermediate

Students let's reconnect! Join us for fun activities and support. Meet new people, gain some coping skills, and learn from each other. We are in this together!

Time: 3:30pm - 4:15pm

Host: Cassandra Willis & Jenna Mendez

Link: <https://bit.ly/PCJustTalkInt>

Zoom Meeting ID: 985 8018 2596

Tuesday

U Can Stop

Vaping Cessation Class for high school students who will learn the consequences of nicotine use and how to deal with nicotine withdrawal. They will skills in coping with stress, relaxation techniques, and how to avoid relapse.

Time: 3:00pm - 4:00pm

Host: Carol Coyne, Student Services

Link: <https://bit.ly/UCanStop>

Zoom Meeting ID: 924 0175 4508

Let's Chat - Mandarin

与其他会说普通话的父母建立联系并获得有关自我保健和心理健康策略的提示。

Time: 5:30pm - 6:15pm

Host: Mona Sumioka

Link: <https://bit.ly/MandarinLetsChat>

Zoom Meeting ID: 995 0342 2073

Let's Chat - Arabic

تواصل مع الآباء الآخرين الناطقين بلغة الماندرين وتلقي نصائح حول الرعاية الذاتية واستراتيجيات الصحة العقلية..

Time: 6:30pm - 7:15pm

Host: Cassandra Willis

Link: <https://bit.ly/ArabicLetsChat>

Meeting ID: 964 3289 3711

Wednesday

Let's Chat - Spanish

Conectase con otros padres que hablan español y reciba consejos sobre el autocuidado y estrategias de salud mental.

Time: 3:00pm - 3:45pm

Host: Alisha Villela & Rosa Villela

Link: <https://bit.ly/LetsChatPC>

Zoom Meeting ID: 920 0810 0339

Let's Chat - English

Connect with other parents and receive tips on self-care and mental health strategies.

Time: 4:00pm - 4:45pm

Host: Theresa Aguilar

Link: <https://bit.ly/LetsChatPC>

Zoom Meeting ID: 925 4911 9344

Project2Inspire

5 week series of topic led conversations to provide social-emotional and mental health support.

Serie de 5 semanas de congresos dirigidos por temas para proporcionar apoyo social, emocional y de salud mental.

Time: Spanish - 3:00pm - 4:00pm

Link: <https://bit.ly//Project2Inspire>

Host: Theresa Aguilar

Zoom Meeting ID: 919 9093 4151

24/7 Dad

Support group for fathers to have the opportunity to discuss ways to engage with their children and have an outlet to discuss challenges within the home.

Time: 6:00pm - 8:00pm

Host: Mel Campbell

Zoom meeting ID: 718 724 6726

Password: 905002

Zoom Workshop Schedule

Password for all workshops:
CNUSDPC



FAMILY SCHOOL COMMUNITY
PARENT CENTER
CORONA-NORCO UNIFIED SCHOOL DISTRICT

We Love You...

We Care for You...

We Are Here for You...

We're here to assist with re-enrollment support, community resources, mental health resources and much, much more...

Monday through Friday

9:00am to 1:00pm

Zoom Call In: (301) 715-8592

Zoom Face to Face: zoom.us

Zoom meeting ID: 848 717 235

Office Phone: (951) 273-3132

