



CUSD Announces: Empowering Your Child's Self-Esteem Parent Workshop

The purpose of this parent workshop is to provide a few ideas and approaches parents can use in order to help improve their child's self-esteem. This presentation will touch on topics such as comparing and contrasting between high and low self-esteem in children, healthy coping skills, what parents can do in order to boost their child's confidence, briefly talk about developmental assets, and offer ways in which parents can use these approaches with their children.

Date : Thursday, January 17, 2019

Time : 6:00 pm - 7:00 pm

Where: Capistrano Unified School District
33122 Valle Rd, San Juan Capistrano, CA 92675

Presented by Western Youth Services



Please RSVP
<https://goo.gl/forms/bsIGWZVmgxyMj4uE3>