

# Back to School

**Class  
is in  
English**

**Learn strategies to help for a smoother transition  
from summer to school time**

***A virtual night workshop for parents of children entering TK-5th grade***

## WHEN

Monday, August 9, 2021  
6:30-8:30 pm

## WHERE

Through Zoom  
*A link will be sent after  
registration*

## WHO SHOULD ATTEND

Parents of children  
entering TK- 5th grade

## Educator:

Stormy Capalare

## REGISTER

<https://conta.cc/3yK309w.com>

## COST

FREE!

## This class will help parents:

- Importance and how to implement routines
- How to be an encouraging parent
- Respectful Communication
- How to adjust your child's sleep schedule
- How to help support your child's success in their schooling

The first day of school can be difficult for children of all ages. **The transition from summer to school can be rough for both parent and child, but some strategies and tips can help.** Parents will also learn the developmental milestones of children, positive discipline techniques, increase their knowledge on social & emotional competencies, and have a live Q&A with Stormy Capalare.



## For more information about registration, contact:

Gwendolyn Garcia, Parent Connection Coordinator | 805-543-3700 | [gwen@cfsslo.org](mailto:gwen@cfsslo.org)

## For more information about content, contact:

Stormy Capalare, Parent Connection Educator | 559-355-0152 | [stormycapalare@gmail.com](mailto:stormycapalare@gmail.com)