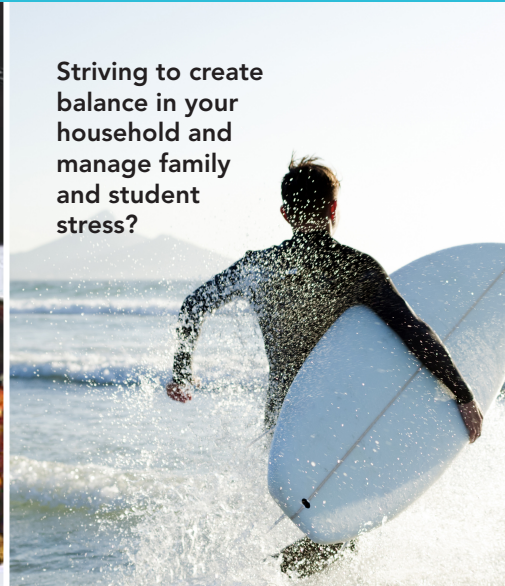


FAMILIES CONNECTED PARENT CHAT



Wondering if your child is experimenting with drugs or alcohol?



Striving to create balance in your household and manage family and student stress?



Seeking guidance about rule setting and boundaries around social media and technology?



TORRANCE MEMORIAL
THELMA MCMILLEN CENTER
FOR ALCOHOL & DRUG TREATMENT

This free support group is open to all parents, and will be led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center. No need to preregister.

Every Monday from 10-11 a.m.
Beach Cities Health District
514 N. Prospect Ave., Suite 102
Redondo Beach



For more information on youth health priorities in the Beach Cities, visit bchd.org.

FAMILIES CONNECTED SPEAKER SERIES



FREE PARENT EDUCATION EVENTS

ALL EVENTS ARE FROM 6:30-8 P.M.

Why Empathetic Kids Succeed in our 'All-About-Me' World

Presented by Dr. Michele Borba, author of "Unselfie"

Tuesday, Jan. 30

Mira Costa High School Auditorium

Purpose vs. Performance: Shifting the Mindset from Outcomes to Experience

Presented by Eric Karros and Mikah Maly-Karros

Thursday, Feb. 8

Redondo Union High School Auditorium

Issues on the Minds of Teens: Teen Panel and Discussion

Presented by Adam O'Neil and Leah Niehaus

Tuesday, March 20

Hermosa Valley MPR

Overloaded and Underprepared: Helping Students Find Balance in the South Bay Pressure Cooker

Presented by Dr. Denise Pope of Challenge Success

Tuesday, April 17

Redondo Beach Performing Arts Center



Register at southbayfamiliesconnected.org