



C.O.P.E.

Counseling Options and Parent Education

We Listen.

We Care.

We Act.

Family
Support
Center



Seminar Information

WHEN

First Monday of each month

TIME

6:00-8:00pm

WHERE

Zoom Video Conferencing

SCAN QR TO REGISTER



or

bit.ly/COPEsrvusdFALL23

SRVUSD

Parent Seminar Series

C.O.P.E. Family Support Center and San Ramon Valley Unified School District are teaming up to provide families with six parent seminars, to support parents and their journey to raise children with positive strategies.

Fall Topics

- Overcoming Avoidance **10/2**
- Coping with School Refusal **11/6**
- Positive Communication and Managing Disagreements with Your Children **12/4**



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