

# PARENT GUIDANCE SERIES

University Preparatory Academy invites all parents and caregivers to join in the conversation each month & remain **anonymous!**

Discover the power you have to shape your child's mental health!

**TIME: 6:30-7:30 pm via Zoom**  
**Register Now...for any upcoming session!**



**WED. DEC 1**

[Register Now](#)

**"Your Child's Anxiety"**

**WED. JAN 26**

[Register Now](#)

**"Social Media: Protecting  
Your Child"**

**WED. FEB 16**

[Register Now](#)

**"Building Your Child's  
Confidence"**

**WED. MAR 23**

[Register Now](#)

**"Emotional Regulation: Part 1  
Recognizing What's Wrong"**

**WED. APR 27**

[Register Now](#)

**"Emotional Regulation: Part 2  
Interrupting Negative Emotions"**

**WED. MAY 18**

[Register Now](#)

**"Helping Your Child Succeed -  
Parenting Styles Matter"**

For registration questions, please contact the Director of Community Development, Laura Gordon Reska @ [lgordonreska@upatoday.com](mailto:lgordonreska@upatoday.com)