

**School Mental Health  
Parent Workshop  
at  
Lomita Steam Magnet**

**Location:** Parent Center  
**Date:** Wednesday 10/16, 1/22,  
3/26, 4/30  
**Time:** 8:30 A.M.–9:30 A.M.



**Topics:**

- Wednesday, 10/16/2024– Addressing Behavior Challenges at home
- Wednesday, 1/22/2025– Resilience and Self-Care
- Wednesday, 3/26/2025– Suicide Prevention
- Wednesday, 4/30/2025– Grief and Loss

Workshops facilitated by  
Liana Diaz, LCSW #68057, PPSC  
Mental Health Consultant