

# MORE PARENT OPPORTUNITIES

## Small-Group Workshops

Each workshop will be led by a local expert and expand on topics discussed during the Families Connected Speaker Series events, including cyber safety, vaping and anxiety.

### Instagram

**Monday, Oct. 1, 1 – 2 p.m.**

Manhattan Beach Unified School District office

### Snapchat

**Tuesday, Oct. 2, 6:30 – 7:30 p.m.**

Manhattan Beach Unified School District office

### YouTube

**Thursday, Oct. 4, 6:30 – 7:30 p.m.**

Parras Middle School Library

Register at [southbayfamiliesconnected.org](https://southbayfamiliesconnected.org)

## Parent Connection Groups

These informal walking groups give parents an opportunity to connect with other parents on a range of topics. Groups are led by parent volunteers.

**Wednesday, Sept. 26, 9 – 10 a.m.**

Aviation Park

1935 Manhattan Beach Blvd., Redondo Beach

No registration necessary

## Families Connected Parent Chat

This free support group open to all parents is held every Monday and led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center.

**Every Monday, 10 – 11 a.m.**

Beach Cities Health District

514 N. Prospect Ave., Suite 102, Redondo Beach

No registration necessary



TORRANCE MEMORIAL  
THELMA MCMILLEN CENTER  
FOR ALCOHOL & DRUG TREATMENT



HERMOSA  
BEACH  
CITY SCHOOL DISTRICT



For mental health referrals, go to [bchd.org/resources](https://bchd.org/resources)

# FAMILIES CONNECTED SPEAKER SERIES



## **“Parenting in the Digital World” Presented by the Cyber Cop**

**Monday, Sept. 17, 6:30 – 8 p.m.**

Hermosa Beach Community Center  
710 Pier Ave., Hermosa Beach

## **“Blowing Smoke: What Parents Need to Know About Vaping”**

**Thursday, Oct. 25, 6:30 – 8 p.m.**

Redondo Union High School Auditorium  
1 Sea Hawk Way, Redondo Beach

## **Screening of “Angst: Raising Awareness Around Anxiety”**

**Tuesday, Nov. 13, 6:30 – 8 p.m.**

Mira Costa High School Auditorium  
1401 Artesia Blvd., Manhattan Beach



Register at [southbayfamiliesconnected.org](https://southbayfamiliesconnected.org)

Childcare available through AdventurePlex