Engaging parents and community members through workshops, Wellness Program events, and Resource Fairs.

Partnering with district programs and community organizations to support schools and families.

Promoting the physical, social-emotional, and academic needs of the Whole Child and Whole Community.

Assuring the unique needs of families are met by supporting access to services and resources.

LAUSD’s Parent & Community Services focuses on strengthening relationships between families, students, and their schools to improve student success.

This year, “The Family Academy” was launched to empower families in providing support to their children from early primary years through college and career success. To view a course catalogue for all webinars offered through December 2022, click here for English and here for Spanish.

The Student and Family Wellness Hotline
(213) 214–3840
Helping you find answers
M–F 8:00 am – 4:30 pm
(213) 214–3840

Positive affirmations are straightforward statements, such as “I am loved” or “I let go,” used to accomplish goals, overcome negative thoughts and to boost self-confidence.

Utilizing positive affirmations daily is also a powerful tool for kids and teens too. By creating a positive self-belief system, kids develop a strong sense of self-worth and feel competent to face and conquer adversity or overcome negative life events.

Call Today!

Wellness Challenge: Make Connections
This month, focus on connecting with the people you care about. Set time aside to talk, participate in activities, and make happy memories. For our challenge guide, click here.
Season of Connection

Celebrate the season with fun and creative activities to do one-on-one or as a group. Cherish the moments and memories.

<table>
<thead>
<tr>
<th>Creative Crafts</th>
<th>Fun with Food</th>
<th>Cook Together</th>
<th>Gift Wrap Doors</th>
<th>Have an Adventure</th>
<th>Movie Marathon</th>
<th>Holiday Playlist</th>
<th>Be Kind</th>
<th>Holiday Scavenger Hunt</th>
<th>Video Call</th>
<th>Be Affirming</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create something special with these outside the box holiday craft ideas</td>
<td>Make a festive and healthy fruit or veggie tray with these fun instructions</td>
<td>Cooking together can be so much fun! Try making something new, or teaching someone how to make a traditional recipe. For kid-friendly ideas, click here</td>
<td>Add a unique touch to your decorations this year by using dollar store gift wrap to decorate your doors. Click here for instructions</td>
<td>Make memories and try new things. Check out this list of 50 things to do this holiday season, or 100 free things to do in with kids in L.A. Call ahead to verify, not endorsed by LAUSD</td>
<td>Make a list of your favorite holiday movies and have a marathon with a loved one. Stream for free from LA County library here</td>
<td>Sing and dance to your own holiday playlist. Some song suggestions can be found here</td>
<td>Make the world a little brighter with random acts of kindness. For some ideas of things you can do, click here</td>
<td>Search around your neighborhood or a designated area for holiday decorations, lights, and more! Click here for ideas on themes and guidelines</td>
<td>You may not be able to see everyone you care for in-person, but you can visit with a video call. For conversation starters, see unique questions you can ask here</td>
<td>Affirmations are a powerful way to increase positivity and confidence. Click here, here, and here for more on positive affirmations</td>
</tr>
</tbody>
</table>

This month, we challenge you to make time to connect with your friends and family for 12 days.