

# STUDENT WELLNESS PARENT SERIES

**Parenting is tough, so is growing up**

Students have the world at their fingertips, with all the benefits and challenges included. WPMS wants to partner with parents and our community in helping our students navigate the challenges of growing up as adolescents in the age of social media. Whether directly impacted, or just helping friends, all parents can benefit from a new series of presentations offered by WPMS.

**All SMUSD parents are welcome to attend**

*Childcare will be provided for children ages 5 and up*

**I Choose My Future -Tuesday, 10/16/18 at 6:00 pm—English only**

**Tuesday, 10/23/18 at 6:00 pm—Spanish only**

Presented by the DEA- Participate in a new drug abuse prevention program

**Non-Suicidal Self-Injury (NSSI)- Wednesday, 11/7/18 at 6:00 pm**

Presented by Dr. Laura Mueller- Learn about signs of NSSI and how to support your child

**Social Media Safety- Wednesday, 11/28/18 at 6:00 pm**

Presented by Jon Moffat- Find out how to take steps to protect your child in this digital age

**Drug Trends and Prevention- Wednesday, 12/12/18 at 6:00 pm**

Presented by San Marcos Prevention Coalition- Get a variety of information about current drug trends

**All presentations will be held in English and Spanish**

Refreshments will be provided

The presentation will be held in the PAC at the front of  
Woodland Park Middle School  
1270 Rock Springs Road  
San Marcos, CA 92069

For any questions please contact Josh Way, Principal at [josh.way@smusd.org](mailto:josh.way@smusd.org) or (760) 290-2470

