



# Family Resource Center January 2025 Webinars



Register Online

10  
JAN

## Help! My Kids Won't Go To School!

10-11:30 a.m.

Parents and caregivers will learn how to take care of themselves in the heat of the moment and how to set supportive boundaries at home. In addition to key facts and root causes for school refusal.

17  
JAN

## A Series on Supporting Your Child's Executive Function Skills

10-11:30 a.m.

Discover how to support your child's executive function skills in our webinar series. We will present information on understanding your child's developmental milestones, recognizing signs of executive dysfunction, and implementing effective strategies to support their learning at home and in school.

24  
JAN

## Depression in Teens

10-11:30 a.m.

Join Chana Engel, CRNP from the National Institute of Mental Health (NIMH) in Bethesda, MD to discuss the prevalence of major depressive disorder and identification of depression in teenagers. In addition to understanding brain-based depression in teenagers, elements of recovery and strategies for treatment, and strategies for families.

31  
JAN

## Understanding Trauma in Your Child. Comprendiendo el Trama en su Hijo.

10 - 11:30 a.m.

Aprendemos sobre el Trauma en este semanario de web de 3 partes y sobre los diferentes tipos de trauma, las respuestas naturales y los efectos que esto puede tener tanto en los niños como en los padres y estrategias que los padres pueden usar para apoyar a sus hijos .

Family Resource Center: 703-204-3941 and [frc@fcps.edu](mailto:frc@fcps.edu)  
Registration: <https://bit.ly/3zjZrGH>