Raising teens can be one of the most challenging jobs you may ever have. If your student is not attending school or is exhibiting difficult behaviors, we can help.

The San Mateo Union High School District has developed a **FAMILY SUPPORT GROUP** with parents and primary caretakers in mind.

**LEARN ABOUT:**
- Parent-child communication
- Positive behavior management
- Interpersonal relationships
- Healthy boundaries
- Strategies that promote school success
- Self-care strategies and coping skills to manage stress
- Tobacco, Vapes, Cannabis, and other drugs

Our goal is to provide you with the tools you need to proactively resolve conflicts with your teens, improve their attendance and enhance their well-being.

**Group Sessions take place at the District Office, 650 N. Delaware Street, San Mateo**

Sessions are offered in English and also in Spanish. Parents/guardians can join the sessions at any date:
- **English:** Wednesdays, September 13 – October 18, 2023, 6 – 8 p.m.
- **Spanish:** Tuesdays, September 12 – October 17, 2023, 6 – 8 p.m.

If you have questions, please email Dagoberto Espinoza at despinoza@smuhsd.org