

# Black Oak Mine USD

**Location: Multi Purpose Room**  
Golden Sierra Jr Sr High  
5101 Garden Valley Rd.

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## Parent Education Series Spring 2022

### ANGST by IndieFlix - Friday March 18th - 6:30-8pm

The *Angst: Building Resilience* program:

Directly addresses anxiety, its causes and solutions

Helps develop long-term resilience, strength and emotional well-being

Provides strategies and techniques to help deal with mental health challenges



### Suicide Prevention 101- Wednesday March 30th - 6:30-8pm

Provide information about suicide prevention for parents, including warning signs for suicide, how to have a conversation with their teen, actions to take if their teen is having suicidal thoughts, and resources.

### LIKE by IndieFlix - Friday April 22 - 6:30-8pm

LIKE explores the impact of social media on our lives and the effects of technology on the brain. Understanding that virtual connection is not going away and has many benefits, its goal is to inform, educate and inspire people of all ages to self-regulate, so they can enjoy balanced and fulfilled lives.

### UPSTANDERS by IndieFlix - Friday May 20th - 6:30-8pm

The Upstanders explores all sides of cyber-bullying, from bully to victim, bystanders and family members. Social media's power means that bullying is now a 24/7 phenomenon, where even changing schools and phone numbers, or deleting accounts cannot stop the cycle. Covid has increased the incidence of cyber-bullying by 70%. Changing human behavior and connection is the key, and this is what the film addresses.

Free admission for all parents and age appropriate students who attend.