

2021-2022 Social-Emotional Wellness Parent Checklist

1. Attend free parenting events

- View past [Families Connected Speaker Series](#) event videos
- Visit the [South Bay Families Connected \(SBFC\) Virtual Events Calendar for upcoming Speaker Series events](#)
- Visit the [Beach Cities Health District \(BCHD\) Events Calendar for health and wellness events](#)

2. Access free online parenting resources

- Sign up for the [BCHD newsletter](#)
- Sign up for the [SBFC newsletter](#)
- Visit [BCHD's Talk About It page](#) for helpful PDFs and resources
- Visit [SBFC](#) for parent and teen resources on a wide array of youth social-emotional wellness topics or your district's unique Families Connected youth wellness page: [RBUSD Families Connected](#), [MCHS Families Connected](#), [MBMS Families Connected](#), [HBCSD Families Connected](#)

3. Get support when you or your child needs it

- Join us for the [Families Connected Parent Chat](#), a parent support group
- Reach out to your school's [Families Connected Parent Advisory Representative](#) to help connect with resources and information

4. Reach out for help when you or your child needs it

- Access [BCHD's School Well-Being Line](#) by calling 310-374-3426, and press option 2
- Visit the [BCHD's online resources](#) or call 310-374-3426, ext. 256

