

# YOUNG WOMEN'S PREPARATORY ACADEMY

T.R.U.S.T THIS

(To Reach Ultimate Success Together)

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## SPECIAL POINTS OF IN- TEREST:

- **Free Workshop for Parents**



- **Stress Management Techniques**



- **Websites that provide homework help**



## Free Workshop for Parents

Parents you have the opportunity to help your child make the right choice with the help of Miami Dade County Public School's Mental Health and Crisis Management Services and the Parent Academy. Several workshops regarding bullying, cyber safety, adolescent mental health, and violence prevention will be held throughout Dade County. Find a workshop that meets your schedule:

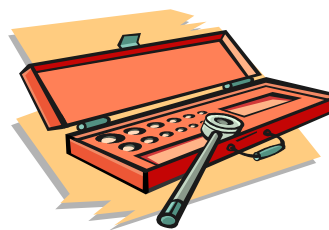
February 2, 6-8 p.m.  
Booker T. Washington Senior  
1200 N.W. 6th Avenue  
Miami, FL 33136

February 4, 6-8 pm  
North Miami Beach Senior  
1247 NE 167 Street  
North Miami Beach, FL 33162

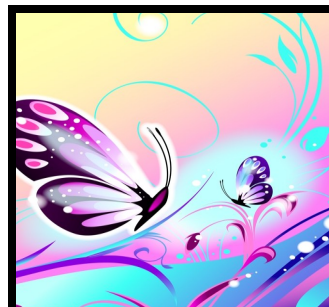
February 9, 6-8 p.m.  
Westland Hialeah Senior High  
4000 West 18 Avenue  
Hialeah, FL 33012

Parents you will be surprised at the information you did not know and how it applies to you and your child(ren). Should you have any questions or concerns ,

feel free to contact Ms. Paillere at 305-575-1200 ext. 2110 or via email at:  
[ypaillere@dadeschools.net](mailto:ypaillere@dadeschools.net)



**Parents get more pertinent information into your parenting toolbox.**



Stressed out? Try this easy, fast stress management technique. Take three deep breaths slowly(breathe in through your nose and out through you mouth) with your eyes closed. While your eyes are closed visualize a place where you usually have fun. See yourself having fun. Open your eyes, but keep that feeling

## Free homework and test preparation help for students and parents

[www.eduplace.com](http://www.eduplace.com)

This website provides a home activity center, ideas for outdoor games, educational materials and activities for students in middle school.

[www.homeworkspot.com](http://www.homeworkspot.com)

This website assists parents and students to access articles by topic or search by keyword, access free tutoring, and other information to complete assignments and homework in all grade levels.

[www.number2.com](http://www.number2.com)

This website can assist parents of middle and high school students with test preparation.

[www.nuestrosninos.com](http://www.nuestrosninos.com)

Nos proponemos seguir facilitando: plasticas productivas para padres y proveedores, foros comunitarios constructivos, educativos, informativos, e inspiradores en los ques nos reunimos a crecer y aprender en familia. Bienvenidos padres de hijos en educacion media y superior.

[www.usa.gov](http://www.usa.gov).

Esta hoja tiene a la disposicion temas de interes para padres e hijos, conferencias a larga distancia, publicaciones en espanol, y un foro de preguntas y respuestas informacion para todos los grados escolares.