

April–June 2026

CAREspace

Community | Access | Relationships | Emotional Wellness

Parent Workshops and Classes



Alternatives to Spanking

Explore why some parents choose to spank their children, the potential harm it can cause, and healthier alternatives to physical discipline.

April 16 | 5:00–6:00 p.m.

https://rcoe.zoom.us/meeting/register/onNy_hOmSGKrMFicwA_FGQ



Substance Use in Teens

Discover how to support youth who are engaging in substance use.

April 23 | 2:00–3:00 p.m. (English) | 3:00–4:00 p.m. (Spanish)

https://rcoe.zoom.us/meeting/register/i6vMiE2ISrCADHE_1t4poA



Anxiety and Children

Identify what childhood anxiety is, the causes, and how to get support.

May 7 | 2:00–3:00 p.m. (English) | 3:00–4:00 p.m. (Spanish)

https://rcoe.zoom.us/meeting/register/p2Rz_TJ8RJiIoI8R8M5vYw



Autism and Children

Gain effective ways to support children with autism spectrum disorder to help them thrive.

May 21 | 2:00–3:00 p.m. (English) | 3:00–4:00 p.m. (Spanish)

<https://rcoe.zoom.us/meeting/register/fdtF4NDfQEeXExBukXWqOg>



Suicidality in Teens

Understand how to support youth facing suicidal thoughts.

June 11 | 2:00–3:00 p.m. (English) | 3:00–4:00 p.m. (Spanish)

<https://rcoe.zoom.us/meeting/register/16aYzzBrQeqQj4OE7TbF7Q>



Understanding Feelings

Learn to recognize and manage feelings, and teach children how to manage their feelings.

June 18 | 5:00–6:00 p.m.

<https://rcoe.zoom.us/meeting/register/aEIoKfBFSquzMTd-s8ES1A>

For questions please call: 951-276-CARE (2273) or visit our website at: www.rcoe.us/carespace



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