

FAMILY ACADEMY COURSE CATALOGUE

For Students, Parents and Caregivers

OCTOBER 2025

ZOOM 101: A HANDS-ON WORKSHOP FOR FAMILIES!

Join us for a practical and interactive Zoom workshop designed to help you feel confident using Zoom. You will get hands-on practice with key features like muting/unmuting, turning your camera on/off, renaming yourself, using Chat and Q&A, joining breakout rooms, using emojis, selecting interpretation languages, and switching views. Whether you're joining from home or a group setting, this session will help you feel more comfortable and prepared — no experience needed!

Date and Time

Wednesday, October 1, 2025
9:00 – 10:30am

Location

Zoom: <https://lausd.zoom.us/j/82413762745>
ID: 824 1376 2745

SAVING LIVES: UNDERSTAND SUBSTANCE USE, RECOGNIZE OVERDOSE, WHAT TO DO, AND GET HELP

This workshop will equip parents with crucial knowledge and tools to address substance use and its risks. We will explore reasons behind substance use, including peer pressure and mental health issues, and provide essential information about fentanyl, a dangerous opioid. Learn how to spot signs of overdose, how to approach sensitive conversations with your child, and where to find the right support and resources. We will also cover naloxone, a vital medication for reversing opioid overdoses, and guide you on how to use it. Join us to be prepared and proactive in supporting your child's well-being.

Date and Time

Thursday, October 9, 2025
9:00 – 10:30am

Location

Zoom: <https://bit.ly/familyacademywebinar>
ID: 886 6726 7600

FINANCIAL WELLBEING FOR UNCERTAIN TIMES

We often talk about self-care, mental health, and physical well-being — especially during uncertain times. But financial well-being is just as important. When life feels unpredictable, making a financial plan can seem difficult — especially when every dollar already has a purpose. Still, even small steps can lead to greater peace of mind. This practical, expert-led webinar is created for families managing limited resources and uncertain situations. Whether you're caring for your own household or supporting loved ones through instability, this session will provide useful tools to help you prepare for emergencies, safeguard your resources, and build financial resilience over time. You don't need wealth to make a plan — you just need the right support. Let's take that first step together.

Date and Time

Tuesday, October 14, 2025
9:00 – 10:30am

Location

Zoom: <https://bit.ly/familyacademywebinar>
ID: 886 6726 7600

****Disclaimer:**** Visit: [LAUSD.org/FamilyAcademy](https://lausd.org/FamilyAcademy) to download the latest versions of the course catalogues. There are frequent adjustments made during the semester.

FAMILY ACADEMY COURSE CATALOGUE

For Students, Parents and Caregivers

LOS ANGELES COUNTY IN FOCUS: LEADERS, RESOURCES & INITIATIVES FOR YOU

Hosted by Family Academy, this informative webinar features County officials who will give you an inside look at how County governance works and how it supports you and your family. Meet the County leaders, learn about essential services, programs, and resources — and find out exactly where to access them. We'll also highlight exciting County initiatives designed to benefit residents and strengthen neighborhoods. Whether you're new to Los Angeles County or a longtime resident, this is your opportunity to connect, learn, and get involved!

Date and Time

Monday, October 20, 2025
9:00 – 10:30am

Location

Zoom: <https://bit.ly/familyacademywebinar>
ID: 886 6726 7600

HELPING YOUR STUDENT BE COLLEGE READY: A PARENT'S GUIDE

It's never too early to start planning for college — and your support can shape your child's. Whether your scholar is in elementary, middle, or high school, this webinar will give you the tools to guide them toward college success. Explore the types of colleges, what makes an application stand out, and how financial aid truly works. Give your student a competitive edge — start early, stay informed, and help them thrive! The Division of Instruction will also share valuable tools to partner with us in preparing students for career and college.

Date and Time

Tuesday, October 21, 2025
5:30 – 7:00pm

Location

Zoom: <https://bit.ly/familyacademywebinar>
ID: 886 6726 7600

****Disclaimer:**** Visit: LAUSD.org/FamilyAcademy to download the latest versions of the course catalogues. There are frequent adjustments made during the semester.

FAMILY ACADEMY COURSE CATALOGUE

For Students, Parents and Caregivers



WE ARE ONE KNOW YOUR RIGHTS WORKSHOPS



DATES & TIMES:

Weekly Friday* workshops begin
August 22, 2025.

Morning

1st & 3rd Fridays from 9:00 – 10:30AM

Evening

2nd & 4th Fridays from 5:00 – 6:30PM

*No sessions on holidays or during LAUSD recess periods.



ZOOM INFORMATION:

Zoom URL: bit.ly/WeAreOneLAUSD

Zoom ID: 895 5755 5227



LANGUAGE SUPPORT:

Simultaneous Spanish interpretation
will be offered.

Families and schools across L.A. are invited to come together for this powerful weekly workshop designed to inform, support, and empower our communities.

Developed with the help of trusted nonprofit experts, these sessions cover key topics like legal rights as immigrants, education, housing, health, and more. While not offering legal advice, the workshops provide vital tools, resources, and connections to help families stay prepared and resilient.

Principals are encouraged to share this opportunity with families and help build a stronger school community by hosting on-campus watch parties. These gatherings not only offer a space to learn but also create moments for connection, mutual support, and community-building. Let's grow stronger—together.

Disclaimer: LAUSD does not offer legal advice. The workshops are for informational purposes only and the content is subject to revisions and updates depending on any changes in policies, procedures, and law. For legal counsel, please consult with licensed attorneys.

To get a Red Card, please contact your school site and use the following QR code to download a copy in your language of preference.



LAUSD 2025 WE ARE ONE: KNOW YOUR RIGHTS VIRTUAL WORKSHOP

Zoom URL: <https://bit.ly/WeAreOneLAUSD>

Zoom ID: 895 5755 5227

Date	Time
Friday, October 3, 2025	9:00 – 10:30am
Friday, October 10, 2025	5:00 – 6:30pm
Friday, October 17, 2025	9:00 – 10:30am
Friday, October 24, 2025	5:00 – 6:30pm

****Disclaimer:**** Visit: LAUSD.org/FamilyAcademy to download the latest versions of the course catalogues. There are frequent adjustments made during the semester.

Family Academy