

# Lunch and Learn Seminars for Parents

**All parents in the CHS feeder zone are welcome to join us at our lunch and learn seminars this spring semester!  
All seminars are one hour in length, held at CHS, and they start at 12:00 (noon) each time.**

Date	Location	Presentation	Presenter
1/17/19	Auditorium	College Planning K-12	Laura Willard, CISD College & Career Readiness Specialist
2/21/19	College and Career	Flipping the Switch on Anxiety	Kelly Locke, CISD Mental Health Specialist
3/21/19	Auditorium	Parenting the Strong Willed Child	Kelly Locke, CISD Mental Health Specialist
4/18/19	Auditorium	Building Resiliency in our Children	Denise Cipolla, CISD Coordinator of Guidance and Counseling