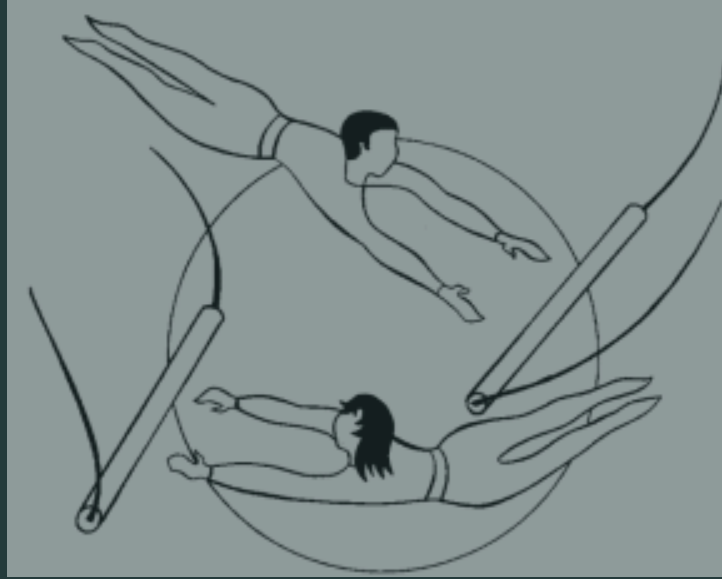


# Managing Transitions in a Difficult Time



**OUR WORLD IS CURRENTLY GOING THROUGH A PERIOD OF UNPRECEDENTED AND UNCHARTED CHANGE**

*How are you dealing with this change personally? How are you dealing with it as a family? What is it like balancing everything?*

**Spanish Session: Sunday, May 17, 2020, 3:00 pm to 5:00 pm**

**RSVP: <https://tinyurl.com/y9qlpcez>**

**English Session: Sunday, May 24, 2020, 3:00 pm to 5:00 pm**

**RSVP: <https://tinyurl.com/yccj789q>**

**DRAWING UPON WILLIAM BRIDGES' TRANSITIONS FRAMEWORK, THIS INTERACTIVE ONLINE WORKSHOP WILL HELP PARENTS/GUARDIANS GAIN A DEEPER UNDERSTANDING OF HOW THE DESTABILIZING FORCES OF CHANGE ARE IMPACTING THEIR LIVES AND THEIR FAMILIES.**

This workshop is open to any parent or guardian with children in the  
*Santa Barbara Unified School District.*

It will be offered once in Spanish and once in English via **ZOOM**  
(link to invite will be sent after registration has been received and confirmed)

## **FOR MORE INFORMATION:**

Lena Moran at [lmoran@just-communities.org](mailto:lmoran@just-communities.org) or call (805) 586-8293

## **RSVP REQUIRED**

[www.just-communities.org/virtualprogramming](http://www.just-communities.org/virtualprogramming)

