



# Haverhill Public School News!



*Haverhill Public Schools has partnered with McLean Hospital to bring a parent coaching workshop to our families*

## Bringing Down the Temp: Supporting Your Child in High Intensity Moments

*Does your child have moments of high emotion where you're unsure of what to do or how to help?*

This parent workshop will help you make a game plan for how to navigate those difficult situations. During the course of this hour and a half presentation we will cover how to regulate both your own and your child's emotions in moments of high intensity. You will walk away with tangible, evidence-based skills that you can put into practice immediately.



**Join Virtually: *Friday, November 19th, 2021 12:00-1:30pm***

***Spanish Translation for this workshop will be offered on Friday December 3rd at 12pm***

**To attend, please use the link provided:**

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to join. <https://partners.zoom.us/j/88522538321>

**Or One tap mobile:**

+16468769923,,88522538321# US (New York)  
+14086380968,,88522538321# US (San Jose)

**Or join by phone:**

Dial (for higher quality, dial a number based on your current location):

US: +1 646 876 9923 or +1 408 638 0968

Webinar ID: 885 2253 8321

International numbers available:

<https://partners.zoom.us/j/kcXA733siN>