

ParentWiser brings the latest research and educational information into the homes of our student families to support parents in raising thriving individuals. We are made possible by a partnership with the Issaguah School District PTSA and Issaguah Schools Foundation.

## 2023-2024 EVENTS

Virtual

Phyllis L Fagell, LCPC

Middle School Matters

11/6 at 7pm
Virtual
Lisa L Lewis, MS
The Importance of Sleep

1/16 at 7pm
In-Person
Jenni Pertuset
Relieving Frustration

2/7 at 7pm In-Person

Cynthia Clumeck Muchnick, M.A.
The Parent Compass: Practical Steps
to Navigate the Adolescent Years

3/7 at 6pm
Virtual
Terri Bacow, Ph.D
Goodbye, Anxiety

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