



ELEMENTARY SCHOOL DISTRICT 159

Handling Loneliness During the Holidays

"Acknowledging your feelings is first and foremost important. Dr. Elisa Bell, Adults and Adolescents Psychiatrist will provide us with the tools to combat loneliness.

Understanding Your Child's IEP

You have basic rights as a parent to know the scope of your child's IEP. Come engage in an interactive discussion as we learn about the individual educational plan.

*you
matter*

**THURSDAY
DECEMBER 12**

**Sieden Prairie School
725 Notre Dame Dr**

6 PM TO 7 PM



[Sign Up Here!](#)



708-720-9393



www.dist159.com



20700 Matteson Ave.

Light refreshments will be served.



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DISTRITO ESCOLAR PRIMARIO 159

Cómo lidiar con la soledad en las vacaciones

Reconocer lo que sientes es lo más esencial. La Dra.

Elisa Bell, psiquiatra especializada en adultos y adolescentes, nos ofrecerá las herramientas necesarias para enfrentar la soledad.

Cómo comprender el IEP de tu hijo

Como padre, tienes el derecho fundamental de conocer el alcance del IEP de tu hijo. Únete a una conversación interactiva mientras exploramos el plan educativo individual.

*you
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**JUEVES
12 DE DICIEMBRE**

**Escuela de la pradera de Sieden
725 Notre Dame Dr.**

6 PM TO 7 PM



[¡Inscríbete aquí!](#)



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