

CVESD University

CVESD University is a learning experience for parents and guardians. The program's goal is to provide families with the tools needed to engage in their child's educational journey through a fun, interactive experience.



Workshops for 2026-27 School Year

The current list of upcoming workshops is below. This year, the district is partnering with Brain Balance of San Diego and WishWell. For more information on each workshop, please refer to each of the [district calendar events \(/fs/pages/10693\)](/fs/pages/10693).



Quarter 1

Quarter 2

Quarter 3

Quarter 4

Workshop: Hard Talks, Strong Bonds

When: Thursday, August 20, 4-5 pm

Where: District office at 84 East J Street in Chula Vista

What: Does your child shut down, avoid hard conversations, or struggle to talk about big feelings? In this workshop, families will learn how to open honest, age- appropriate conversations with their children, building a foundation of trust and psychological safety at

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home.

In this session, families will learn:

- How to create a safe foundation for honest conversations
- Strategies for active listening
- Ways to respond without shutting down communications

Light refreshments and childcare available.

For more information, contact commsoffice@cvesd.org (<mailto:commsoffice@cvesd.org>)

[View CVESD U: Hard Talks, Strong Bonds Flyer \(/fs/resource-manager/view/4952930e-4bb3-42d3-9cef-c368b6b26188\)](/fs/resource-manager/view/4952930e-4bb3-42d3-9cef-c368b6b26188)

Workshop: ADHD: Attention & Focus

When: Thursday, September 10, 9-10 am

Where: District office at 84 East J Street in Chula Vista

What: Does your child struggle with attention, focus, impulsivity, or organization? Join us for an informative workshop designed to help families better understand ADHD and executive functioning challenges.

In this session, families will learn:

- Why attention and focus challenges occur
- How ADHD can impact learning and daily life
- Practical, research-based strategies to use at home
- Tools, accommodations, and root-cause insights to support success

Light refreshments and childcare available.

For more information, contact commsoffice@cvesd.org (<mailto:commsoffice@cvesd.org>) 

[View CVESD U: ADHD: Attention & Focus Flyer \(https://www.cvesd.org/fs/resource-manager/view/9c3fa643-5b9b-4fac-b6d1-5e23045ff598\)](https://www.cvesd.org/fs/resource-manager/view/9c3fa643-5b9b-4fac-b6d1-5e23045ff598)

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Forms and Documents

- [2026-27 CVESD University - All Workshops Flyer \(/fs/resource-manager/view/dde73834-830e-41ed-b684-ef42b889ed66\)](/fs/resource-manager/view/dde73834-830e-41ed-b684-ef42b889ed66)



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