

WishWell & Bonita Vista Middle Presents:

Family Circles

an innovative series of workshops designed to enhance trust, connection, and communication between parents and children.

Sign up today for
a Parent and Child Workshop!



WISHWELL

is committed to empowering students, supporting families, and partnering with schools to build emotionally strong, connected communities—one conversation, one skill, and one child at a time.



Session 1 - Building Trust

Let's start with the foundation. We'll explore how to build (and rebuild) trust so your home feels more connected and secure.

Wednesday, November 5, 2025

5:30 p.m. – 7:00 p.m.

Cafeteria

Session 2 - Building Connection

This session is about bringing joy, presence, and small moments of connection back into your everyday life—no big gestures needed.

Wednesday, November 12, 2025

5:30 p.m. – 7:00 p.m.

Cafeteria

Session 3 - Stronger Communication

Learn simple, effective ways to communicate with more patience, clarity, and confidence—even when emotions run high.

Wednesday, November 19, 2025

5:30 p.m. – 7:00 p.m.

Cafeteria

Location: 650 Otay Lakes Road Chula Vista, CA 91910

Parent or guardian must attend with student. Entire Family is welcome! Light dinner will be provided.

858-898-0160 | WishWellcc.com | @WishWellCounseling