



**AS A SERVICE TO OUR ALUMNI AND SUPPORTERS
CHRISTIAN BROTHERS HIGH SCHOOL
WOULD LIKE TO INVITE YOU TO A**

Series of Complimentary Online Seminars



To register please scan this QR code, or visit
www.cbhs-sacramento.org/support/upcoming-events/.



Put Your Oxygen Mask on First

Thursday, September 24, 2020

4:30 PM via Zoom

We're all doing our best to take care of ourselves and our families during these stressful times. Self-care is a critical tool we all need to support our own physical, emotional and spiritual needs. CB's Wellness Counselor, Ms. Emily McDougall, will share with you strategies for coping with the many stressors and anxieties we are facing. Ms. McDougall is a licensed Marriage and Family Therapist, specializing in child and adolescent mental health.



Planning for the Future

Tuesday, October 13, 2020

10:30 AM via Zoom

Plan ahead to protect the people who matter most to you. In this live online seminar you will receive a wealth of current and practical information on constructing an estate plan that reflects your values. There is no better time to take steps to preserve your wealth, reduce taxes, avoid probate, and leave the legacy you want for your heirs and community. We hope you will find this to be a worthwhile and informative 90 minutes, and we promise there will be no donation requests or sales pitches – just a lot of useful information. Led by CB Alumni Parent and estate planning attorney, Mr. Mark Drobny.



***5 Key Steps to Survive and Even Thrive
Job Searching During a Pandemic***

Tuesday, October 27, 2020

5:30 PM via Zoom

Graduated during a pandemic? Now what? Lisa Riley, a professionally certified career coach and interview expert, will cover key topics for your career search - resume, interview prep, video savvy (Zoom interviews), networking and "doing something now" Put your best foot forward in showing companies how you are their next top hire! This webinar is designed for young alumni, but experienced job hunters will also find lots of great tips and action ideas in this presentation. Ms. Riley is a president and senior professional career coach at Riley Career Consulting.



Fireside Chats with Dr. Crystal LeRoy

Wednesdays, September 16, October 14, November 11 and December 9

4:30 PM via Zoom

Join CB's new president, Dr. Crystal LeRoy, as she speaks to issues of the day and takes your questions in this series of Fireside Chats. In the first session she will introduce CB's new principal Ms. Annemarie Bacich, and they will discuss challenges and solutions of returning to school in a pandemic. Future topics to be announced.



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COMPLIMENTARY Online Seminar Series



As a thank you to our donors, you are invited to a complimentary online seminar series.

- ➔ *Put Your Oxygen Mask on First*
- ➔ *Planning for the Future*
- ➔ *5 Key Steps to Survive and Even Thrive Job Searching During a Pandemic*
- ➔ *Fireside Chats with Dr. Crystal LeRoy*

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Fireside Chat

September 16, 2020
4:30 p.m.

RSVP to
nsmithfagan@cbhs-sacramento.org



Dr. Crystal LeRoy, Ed. D., President

Ms. Annemarie Bacich, Ed.M., Principal

CBHS

Fireside Chats

Please join us for a series of "Fireside Chats" via Zoom with Dr. Crystal LeRoy, the new president of Christian Brothers High School.

On September 16, at 4:30 p.m. meet Dr. LeRoy and her guest, CB principal, Ms. Annie Bacich, and join them for a live discussion on providing a robust Lasallian education in the midst of a pandemic. Dr. LeRoy and Ms. Bacich will share with you key considerations and adaptations that Christian Brothers has made to ensure that this school year is a success. You will have the opportunity to submit questions for our speakers before and during the Fireside Chat.

To receive a Zoom invitation to this event, please RSVP to nsmithfagan@cbhs-sacramento.org.

A meeting link will be sent to you the week of the Chat.



Please mark your calendars for upcoming Chats this semester on Wednesdays:

October 14 • November 11 • December 9

Specific topics and special guests will be announced.

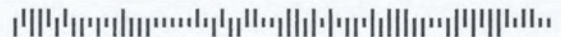
**Thank you for your support!
We hope you join us on September 16th!**



CHRISTIAN BROTHERS HIGH SCHOOL
4315 Martin Luther King, Jr. Blvd.
Sacramento, CA 95820-2727

Fireside Chat

September 16, 2020
4:30 p.m.



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