PARENT WEBINAR SERIES:
SUPPORTING YOUR CHILDREN'S MENTAL HEALTH

WELLNESS IN SCHOOLS PROGRAM
CONTRA COSTA COUNTY Office of Education



Join the Wellness in Schools Program for this three-part series designed to help parents and caregivers better understand, recognize, and support their child's mental health.

Learn practical strategies. Gain valuable insights. Connect with resources that can help your family thrive.

September 8:	What Parents Should Know About Mental Health
September 17:	Supporting Your Children's Mental Health Needs
October 15:	Understanding Anxiety

All Sessions Take Place
6:00 p.m. - 6:30 p.m.
via zoom

REGISTER NOW

https://cccoe.link/rQIlFQ

Contact us with any questions:
wisp@cccoe.k12.ca.us