

Teens, Tweens, and Quarantines

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Tues.,
April 28
4:00pm

A Virtual Forum for Parents and Caregivers

Learn about the impact of COVID-19 on youth mental health and what parents and caregivers can do to provide support. Discuss practical approaches to parenting, the signs of stress, anxiety, and depression, and how we can help our youth navigate home, family, friends, and school.



Presented by Jon Mattleman from Minding Your Mind with support from Kristal Cleaver, Director of Community Education from Clinical & Support Options.

Questions? Email:
hwarner@collaborative.org

To Register:

www.mindingyourmind.org/TTQ-SPIFFY



Sponsored by the SPIFFY Coalition in collaboration with area prevention coalitions and the Northwestern District Attorney's office.