

**Dear Parents of CTK Elementary and High School Aged Students,**

**How's the pandemic affecting children's mental health? While we understandably worry about their physical health, the increase in mental health issues, such as anxiety and depression, are also a serious concern. While scientists search for a vaccine to protect their physical health, is there anything available to help our children cope with the mental health stresses they face? While nothing guarantees absolute freedom from ever mental health challenge, here is an answer parents might want to consider: GOD!**

**Several studies have concluded the strong correlation between active religious participation and positive mental health outcome. Active participation is difficult because of social distancing, but CTK Religious Education offers opportunities for children and young adults to actively learn about their faith and to start or enhance their relationship with God.**

**If the stresses of the pandemic have caused Religious Education to slip your mind, there is still time to register your children in our RE Program. Now is the time that your children may benefit the most from continuing their formal religious formation. Registration for CTK's 2020-2021 Religious Education program for our K-12 students is now open, and our mission is to support parents and families succeed in their mission of sharing the faith with their children. Please click on the button below to register your children for RE classes today!**