

Educate, Equip & Support

Building Hope for Parents

WEDNESDAYS
10:00am to 12:00pm

This 13 week program is designed to provide parents with evidence-based education about childhood mental health illnesses and treatment options. The purpose is to provide education and promote the building of natural supports between parents. This program will inform participants about common childhood mental health issues and symptoms management techniques.

September 18 & 25	Introduction & Coping with Grief, Brain Development & Diagnosis
October 2, 9, 16, 23 & 30	Mental Health Medication & Treatment, Childhood Depression, Childhood Anxiety, ADHD, Bipolar Disorder
November 6, 13, 20	Schizophrenia, Eating Disorders, Non-Suicidal Self Injury
December 4, 11 & 18	Accessing Mental Health Treatment, School & Special Education, Child Welfare & Probation

Workshops provided by Carla Fry, M.S., P.P.S.C.



Para información en Español, por favor llame al 209-257-1980 x 104.

Please RSVP if you will need child care.
A light snack will be provided.
209-257-1980 ext. 102

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Upcountry Community Center
19386 Hwy 88, Pine Grove, CA 95665