

# Workshop on How to Support your student with depression and/or anxiety

*For all parents at Dublin High School*



Are you having difficulty supporting your student with depression and anxiety?

Would you like to learn new ways to support your student with depression and anxiety?

**Meeting day/time:** Monday, December 7, at 4:30 pm.

**Location:** Over Zoom.

**Registration:** Please register for this workshop using the following website:

[https://docs.google.com/forms/d/e/1FAIpQLScXE25QwVrQZdaxMuuhrsU9jISKBCKH6ZHWQSpNZK1KbJJI6A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScXE25QwVrQZdaxMuuhrsU9jISKBCKH6ZHWQSpNZK1KbJJI6A/viewform?usp=sf_link)

**Questions:** For more information regarding this workshop, contact Rita Calzadilla, at 925-223-8047.

**Registration deadline:** Friday, December 4, by 5 pm.

\*\*This will be provided by Rita Calzadilla, ASW, Pre-Licensed Mental Health Clinician, and is supervised by Jessica Martins, PsyD, PSY 30504.\*\*