



**St. Ignatius Loyola HSA**  
**presents**

# **PARENTING NOW SERIES**

\*this presentation is for adults only \*

**NOV 12 @ 6:30 PM**

St. Ignatius School Cafeteria

***Join our discussion about the  
challenges of parenting in today's  
world and understanding mental  
health in adolescents***

- ✓ "normal" preteen/teen behavior vs mental health concerns
- ✓ Warning signs to be aware of
- ✓ Social media and effects on mental health
- ✓ Practical tools and strategies for today's parent
- ✓ Resources for parents
- ✓ Active Q & A session



**BRANDI BURNS MMSPAS, PA-C**

National Speaker for the Society  
for Physician Assistants in  
Pediatrics

Full time Pediatric Physician  
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