



LANCASTER
MENNONITE
FAITH • EDUCATION • COMMUNITY

PRESENTS:

Parenting for Mental Health and Holistic Growth



FREE SEMINAR: January 7, 9, 16 2020

Wondering - how do I help my child flourish in a competitive world?

This LM Parent Seminar and **Q&A panel** of mental health professionals, educators, pastors, and parents will discuss and wrestle with questions that parents have about how we can cultivate a climate of mental health and holistic growth for our students, specifically related to factors that are contributing to increased anxiety and depression.

Parent & Staff Panel Discussion Questions:

- How can I help mitigate the pressures my child faces - ie. to achieve, to specialize prematurely, to fit in, to stand out, and FOMO (Fear of Missing Out)?
- What practices have been beneficial in your family or for families you work with?
- What can I do as a parent to promote positive mental health for my child?

If you are a parent wondering how to help your child flourish in a competitive world and explore the challenges your family is facing, **this seminar is for you!**

Join Us Near You - 3 Session Dates & Locations:

All seminars are free and open to the public. You are encouraged to bring friends with you, even those that don't attend LM schools!

- January 7: [New Danville Campus](#), Gym, 7:00 - 8:30 PM
- January 9: [Locust Grove Campus](#), Gym, 7:00 - 8:30 PM
- January 16: [Lancaster Lincoln Hwy Campus](#), Fine Arts Center, 7:00 - 8:30 PM

LEARN MORE AT:

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in the News or Event section of the website