SAVE THE DATE!

Tuesday, May 23 - 7:00 pm

Weston High School Library

Mental Health Essentials for Parents & Caregivers:

knowledge and tools for families

Mental Health Collaborative

"Critical training for today's parents! This program provided me a clear framework for recognizing mental illness and knowing when to take action. As a result, I feel more confident navigating these conversations with my teens." –Parent of a 9th Grader, June 2021

About the Training

- 1.5-hour workshop for parents & caregivers
- Parents & caregivers will learn:
  - strategies to include mental health as part of their parenting,
  - how to identify when loved ones need support for mental health,
  - how and where to get professional support,
  - how to use strategies for self-care for themselves and their loved ones
  -
- Delivered by experienced clinicians
- Evidence Based

Reserve your spot or get access to the recording by scanning the code below

Mental Health Collaborative

is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: *obtaining & maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help.* Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

Co-Sponsored by:

WESTON WELLNESS EDUCATION
UNPLUG CONNECT MOVE
WELLNESS LESSONS FOR QUALITY OF LIFE

PTO
Weston Parent Teacher Organization

For more information, please email:
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