

# CAREGIVER MENTAL HEALTH EDUCATION SERIES

Hosted by Howard Center School Services Program

No need to register!

Join each session by [CLICKING HERE](#)

Meeting ID: 835 1861 4607 Passcode: 760486

## Community Resources

October 20<sup>th</sup> 5:45-7pm

Review how families can access resources for basic and mental health needs. The session will include info related to extracurriculars, summer camps, and low-barrier activities.



## Supporting Youth Who Struggle with Anxiety & Depression

December 16<sup>th</sup> 5:45-7pm

Learn common factors that contribute to childhood anxiety and depression, notice signs and how to access help. Time will be given to discuss ideas for how to help youth communicate their needs, interventions and coping skills to use at home.



## Youth Substance Use

February 18<sup>th</sup> 5:45-7pm

This info session will review common risk factors that contribute to youth substance use, what is typical adolescent curiosity versus when to access help. How substance use can impact functioning at home, school and in the community will be discussed. Resources will be provided.



## Improving Child-Caregiver Communication

April 16<sup>th</sup> 5:45-7pm

This info session will review ways to enhance caregiver - child communication, including ideas for talking with your child about difficult emotions and challenging life circumstances or experiences.

