



Mental Wellness 101: Strategies for Caregivers

This year has been challenging and we all need a little extra support and care. **Come join our parenting support series!**

Learn from mental health counselors about parenting and develop new coping strategies for yourself and your student in the time of COVID and online schooling.

Dec. 3rd Why they do the things they do? Understanding the Child's Brain

Dec. 10th Creating Common Agendas - Family Goal Planning

Dec. 17th Removing the Superhero Cape - The Importance of Self-Care



friendsofyouth.org
425.392.6367



When:

12/4/20-12/17/20
Thursdays 6pm-7pm

Where: Zoom!

A link will be emailed before the start of the series

Register by phone or email
clientservices@friendsofyouth.org

Free for Snoqualmie Valley