

Mental Health WORKSHOP SERIES



Register for our Workshop Series hosted by Madera County Behavioral Health Services. Learn more about dealing with **anxiety, stress, depression**, how to **support your child at home** and access mental health resources.



Location:
MATILDA TORRES HIGH SCHOOL
16645 Road 26

To Register, [**CLICK HERE**](#) or call the MUSD Call Center at (559) 416-5879.

Schedule

Wednesdays
5:30 - 7:00 PM

MARCH 22

- ✓ Stress:
- Signs and Causes
 - Coping Techniques

MARCH 29

- ✓ New Parenting Tools:
- Child's Brain Development
 - Communicating with Adolescents
 - Social Media

APRIL 12

- ✓ Mental Health:
- Common Illnesses
 - Signs & Symptoms
 - How to Help

APRIL 19

- ✓ Risk Factors:
- Trauma
 - Alcohol & Drugs
 - Suicide
 - How to talk to & help my adolescent
 - Resources

- **Snacks & Childcare will be provided**

