

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:
PERSHING ELEMENTARY SCHOOL
1505 Ellis St

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

Schedule

Thursdays
5:30 - 7:00 PM

SEPTEMBER 8

- ✓ Stress:
 - Signs and Causes
 - Coping Techniques

SEPTEMBER 15

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

SEPTEMBER 22

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

SEPTEMBER 29

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

• **A light dinner & Childcare will be provided**

