

Region 15 ESC Spring Parenting Series: Mental Health & Wellness

2/17/21, 130PM It's Perfectly Normal!: Our Common Struggles With
Mental Health

3/22/21, 130PM "I Need to Talk to Someone:" Where to Go When You
or Your Child Needs Help

3/29/21, 130PM Understanding Trauma: The Child Brain in
Survival Mode

4/21/21, 10AM Connection Matters: How to Effectively Connect
& Communicate With Your Child

5/7/21, 10AM Finding the Words: Helping Your Child Develop
Emotional Literacy & Empathy

FMI:

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