

SUPPORTING MENTAL HEALTH OF TEENS IN YOUR LIFE

Join us for two free webinars to learn practical ways to support the mental health of teenagers in your life.



Who is invited:

- ✓ All parents and caregivers of students at our school
- ✓ All community adults that support students at our school

Webinar 1: March 18, 2024 at 7:00 PM ET

HOW TO HELP TEENS MANAGE ANXIETY AND DEPRESSION

[CLICK HERE TO SIGN UP](http://tinyurl.com/teenmhsupport1)

[HTTP://TINYURL.COM/TEENMHSUPPORT1](http://tinyurl.com/teenmhsupport1)

Webinar 2: April 24th, 2024 at 7:00 PM ET

HOW TO HELP TEENS BUILD STRONG SOCIAL CONNECTIONS,
SLEEP ROUTINES, AND SOCIAL MEDIA HABITS

[CLICK HERE TO SIGN UP](http://tinyurl.com/teenmhsupport2)

[HTTP://TINYURL.COM/TEENMHSUPPORT2](http://tinyurl.com/teenmhsupport2)

PLEASE HELP US SPREAD THE WORD!

Please send this flier to all adults who play a role in your teen's life:
coaches, counselors, faith leaders, tutors, extended family, etc.



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PROJECT

QUESTIONS? EMAIL US

 relationshipmapping@makingcaringcommon.org