

PRESENTS

A two-part series on how to use the coming summer break to help get our youth back on track for a successful fall. Registration is free but required for Zoom access. Scan QR for registration link.



"Your Elementary School Student and the Pandemic; Bouncing Back for Fall"

Tuesday, May 10 • 7:00 – 8:00 pm

This panel will focus on how the pandemic may have impacted your K-6 student and when to be concerned. Elementary school students are not often considered in mental health discussions, but the pandemic may have left an even greater social deficit in their development. Although their behaviors may look different than older students, mental health challenges are growing among this population at an alarming rate. What might depression or anxiety look like in an 8-year-old? When should we be concerned? How can we work with them over the summer to help build back resilience skills that may have been lost? Panelists will discuss when to be concerned, and provide practical tips for working with your child, and if necessary, the school.



"Back To The Basics: How To Use The Summer Break To Destress and Reconnect With Your Middle or High Schooler"

Tuesday, May 17, 7:00 – 8:00 pm

This panel will address the stresses of pandemic isolation and the impact on your middle or high schooler's mental health. The Surgeon General issued a special report about the crisis of youth mental health and the trajectory for our youth if left unaddressed. How can we utilize the coming summer break to help our children reconnect with family and friends, reduce their stress and anxiety, and increase their resilience for the coming school year. Practical tips will be provided for how your family can re-establish connection over the summer months to strengthen the safety net to protect your child.