

# VIRTUAL PARENT/CAREGIVER MENTAL HEALTH AND WELLNESS SERIES: PARENTING A TEEN

PRESENTED BY OSUWMC MENTAL HEALTH SPECIALISTS IN  
COLLABORATION WITH OLENTANGY SCHOOLS

JOIN US VIRTUALLY DURING YOUR LUNCH HOUR TO LEARN MORE ABOUT STRATEGIES YOU CAN IMPLEMENT TO SUPPORT YOUR TEEN IN THEIR MENTAL HEALTH AND WELLNESS. NO REGISTRATION REQUIRED. [CLICK HERE TO JOIN THE SESSION THROUGH MICROSOFT TEAMS.](#)

LUNCH AND  
LEARN

## MANAGING STRESS AND SELF CARE

JUNE 16 12P-1P

Learn about stress, how it impacts you and your teen, and ways to manage it. Discuss self care strategies for yourself and your teen.

## SETTING BOUNDARIES

JUNE 30 12P-1P

Discuss the importance of boundaries in personal relationships and parent/teen relationships and how to help your teen with setting their own boundaries.

## BUILDING RESILIENCE

JULY 14 12P-1P

Learn how to help your teen be resilient and how to prepare them with tools they need to overcome challenges.

## BACK TO SCHOOL SUCCESS

JULY 28 12P-1P

Learn tips and tools to help your teen transition back to school in the fall and learn how to support your student's overall mental health and wellness.

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