

Building Mentally Fit Families

In honor of

Mental Health Awareness Month

Thursday, May 12

6:00 -7:00pm

Via Zoom



Register now by clicking on the link below or via the QR code:

<https://conta.cc/3kk3JYQ>

Maintaining wellness and supporting the needs of children in today's society can be overwhelming!

Join us for a live panel discussion with mental health experts in our community to learn helpful tools that will affirm and deepen your understanding of anxiety and stress to better support the mental health needs of your child.

Don't miss this opportunity to get your questions answered, learn about the resources in our community and what you can do to support your child's wellness!

Visit the Spring Branch ISD website for more information:

www.springbranchisd.com/parentu

Hosted by SBISD's Family E3 team and the Student Support Services Dept.

Questions? FamilyE3@springbranchisd.com or 713-251-2286