

YOU'RE INVITED TO
THE PARKLAND
HEALTH &
WELLNESS
SYMPOSIUM

Presented by
Parkland School District

Parkland High School Parent Workshop

**Saturday, May 14
9 AM – 12 noon**

**Choose to attend 3 sessions.
Sample subjects include:**

- How to Talk to Kids About Drugs and Alcohol
- Mindfulness
- Navigating the Middle School Years
- The Power of Positive Self Talk
- Trauma Sensitive Training
- Suicide Prevention
- Nutrition
- Online Resources for Parents
- Sex Traffick
- Anxiety
- Social Media



Please click here to sign up for the sessions: <http://bit.do/HealthSymposium>