



# Virtual Parent Workshop Series

*FREE practical strategies to support students throughout the school year.*



October 4, 2022

*How to Talk with Kids About Traumatic Events*



November 29, 2022

*Setting Boundaries with Adolescents in the Age of Social Media*



February 7, 2023

*Mental Health 101: Introduction to and Understanding Mental Health in Children and Adolescents*



April 18, 2023

*Mental Health 201: Practical Skills for Supporting Your Student*

**All workshops will be held live at 6:30 PM EST. To participate, simply visit [tinyurl.com/Syntero-ParentWorkshops](https://tinyurl.com/Syntero-ParentWorkshops) on the scheduled date of each webinar. Parents, guardians and caregivers may participate in as many or as few workshops as desired. View workshop details at [www.syntero.org/parent-guardian-workshops](https://www.syntero.org/parent-guardian-workshops).**

*Participation in Syntero's Virtual Parent Workshop Series is limited to and intended for parents, guardians, grandparents and caregivers of students who are currently enrolled in school; grades K-12. If you are interested in learning about Syntero's services, please visit [www.syntero.org](https://www.syntero.org) or email [info@syntero.org](mailto:info@syntero.org).*