



October 2023 *Live Interactive Workshops* - Register Today!

THU 10/3 8 PM ET (School Age) Connecting Home and School: How You Can Help Your Student Succeed. When parents are involved in school, kids tend to have higher grades and test scores, better attendance and higher rates of completing their homework. They even have better social skills and are more likely to graduate. But this partnership isn't always easy. Join us to learn best practices in starting and maintaining this important relationship.

WED 10/11 12 PM ET (Toddlers & Preschoolers) Picky Eating: Make Mealtimes with Young Children Enjoyable. Was your little one once a good eater, and now they refuse to eat almost anything? Learn how to avoid the emotional power struggles and support healthy eating.

WED 10/11 8 PM ET (Parenting Essentials) Is it Safe? Help Your Child "Come Out" and Protect Their Mental Health. Celebrate National Coming Out Day with helpful information and skills to support your child to feel safe about exploring and expressing their identity.

MON 10/16 8 PM ET (Teens and Young Adults) Bullying: Relationships Matter. Proactive steps you can take to equip your child with the tools they need to navigate difficult situations.

WED 10/18 12 PM ET (Parenting Essentials) Mental Health Essentials for Parents: Knowledge and Skills to Support Your Child. *The parent-child relationship is the most powerful mental health intervention known to humankind.* - Bessel van der Kolk Join us to get the information and support you need to help your child and your family thrive.

THU 10/19 1 PM ET (Conversation) A Conversation on Parenting for Mental Health: Why Individual Therapy Probably Isn't Enough for Your Child. Post-pandemic family life has been dramatically impacted by the perfect storm of working parent burnout in combination with our national pediatric mental health crisis. Children and teens are suffering from anxiety, depression and suicide at alarming rates, and parents are struggling to simply hang on. Join us to consider your important role in your child's treatment and get the support you need.

WED 10/25 12 PM ET (Teens and Young Adults) How to Reconnect with Your Teen Who's Struggling with Disordered Eating and Body Dissatisfaction. Early intervention is key to eating disorder prevention and helps reduce serious psychological and health consequences.

THU 10/26 12 PM ET (Monthly Q&A) Protecting your Kids Mental Health. You will do anything to protect your child and teen's mental health. Knowing what's proven to work and why can make all the difference. Learn what to do on a daily basis, and what not to do.

Find more proven, parenting support in our *Solutions Libraries*