

Subject: New Mental Health Resource for Parents (ParentGuidance.org)

We are pleased to offer a free and confidential website for families, [ParentGuidance.org](https://parentguidance.org). This site was developed by licensed therapists that provides trusted and specialized courses, professional support, and a safe community for parents, to learn how to support your child. Parents can also get answers to mental health questions, especially anxiety, depression, self-worth, grief and loss, suicide ideation, self-harm, bullying, family strife and other mental health concerns. Popular courses you may want to explore are: “Parenting with a Purpose” and “Helping Your Child When They’re Bullied.” The courses within ParentGuidance.org will provide you with tools to form stronger bonds with your children.

UPCOMING FAMILY MENTAL HEALTH EVENT. We are hosting a Family Mental Health Night to share ways you can help your children and understand the [ParentGuidance.org](https://parentguidance.org) resources. Our Family Mental Health Night virtual event will be held on **Wednesday, October 11th from 8:00 pm – 9:00 pm**. Use this link to register: <https://events.parentguidance.org/FMHNOct11>

The ParentGuidance.org clinical director, Dr. Kevin Skinner, is a Marriage and Family Therapist. He will be joining us live on Zoom to answer any questions you may have. ParentGuidance.org is free and confidential.



Look for this logo on our homepage to access this free service available to parents within our district.

Hope to see you there!

Dr. Gina Wohlford, Superintendent
Norton City Schools