

# Special Education Virtual Program Series: 2021 – 2022



## There's No Such Thing as a New Normal: A Wise Family's Guide to Navigating Mental Health



**Presenters: Joey M. Williams, M.S. Ph.D. Candidate and  
David N. Hunt, Psy.D. - Clinical Psychologist**  
*Advanced Behavioral Solutions*

In this continuation of managing mental health through the abnormal times we've been experiencing, we will discuss mental health from a family-system framework. Regardless of outside factors, such as a worldwide pandemic, having even just one member in the home facing mental health challenges, whether that is a child or parent, can shake up the cohesion and daily lives of everyone in the home. In this presentation we will share how to assist a loved one at home with anxiety, depression, or other mental health struggles. We will also talk about how to improve the mental health of everyone in the house as a family, so that your family can learn to thrive as a unit.

**Tuesday, February 8, 2022 @ 7:00 PM - Register today!**

<https://us02web.zoom.us/j/88081814630>

**This program will be presented in English with Spanish interpretation.**



Hosted by:

The Community Advisory Council and School District U-46  
For more information about the CAC, visit [www.u46cac.org](http://www.u46cac.org)