

# CONNECTIONS COUNT



## Looking for ways to support your child's emotional and behavioral health?

Utsalady and Elger Bay, Island County Public Health, and the WA Chapter of the American Academy of Pediatrics are partnering to lead a 6-session program to offer strategies and support for common behavioral health challenges.

### WHAT IS IT?

#### ***First Approach Skills Training - Behavior (FAST-B)***

FAST-B was developed by psychologists at Seattle Children's Hospital and teaches brief, evidence-based interventions for behavior issues in children ages 4-11.

School counselors and community mental health professionals will lead group sessions on the FAST-B methods. Sessions are open to families from Elger Bay and Utsalady.

### WHY JOIN?

- Connect with other parents in your community.
- Learn practical, evidence-based strategies to support your child's behavioral health.

The Stanwood-Camano School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flier, and undertakes no responsibility to supervise these events. This information is provided as a community service at the request of the event sponsor and organizer. This is not a district sponsored or endorsed event.

### DETAILS

***Tuesdays from 5:30-7:00pm***

- January 20th
- January 27th
- February 3rd
- February 10th
- February 17th
- February 24th

**Dinner & childcare provided**

**\$50 gift card upon completion of the program**

 **Utsalady Elementary**  
608 Arrowhead Rd.

### CONTACT

**Kim Caldwell (Elger Bay):**  
kcaldwell@stanwood.wednet.edu  
**Michael Hanna (Utsalady):**  
mhanna@stanwood.wednet.edu

