



Newport-Mesa
Unified School District



Dr. Jerry Weichman
Adolescent
Psychologist and
Parenting Expert

PARENT EDUCATION SESSION

Essential Mental Health Tools for the Whole Family

In this parent education session, you'll learn the core mental health essentials — what matters most, what makes a real difference, and how to apply proven strategies at home to reduce stress, anxiety, and behavioral struggles.

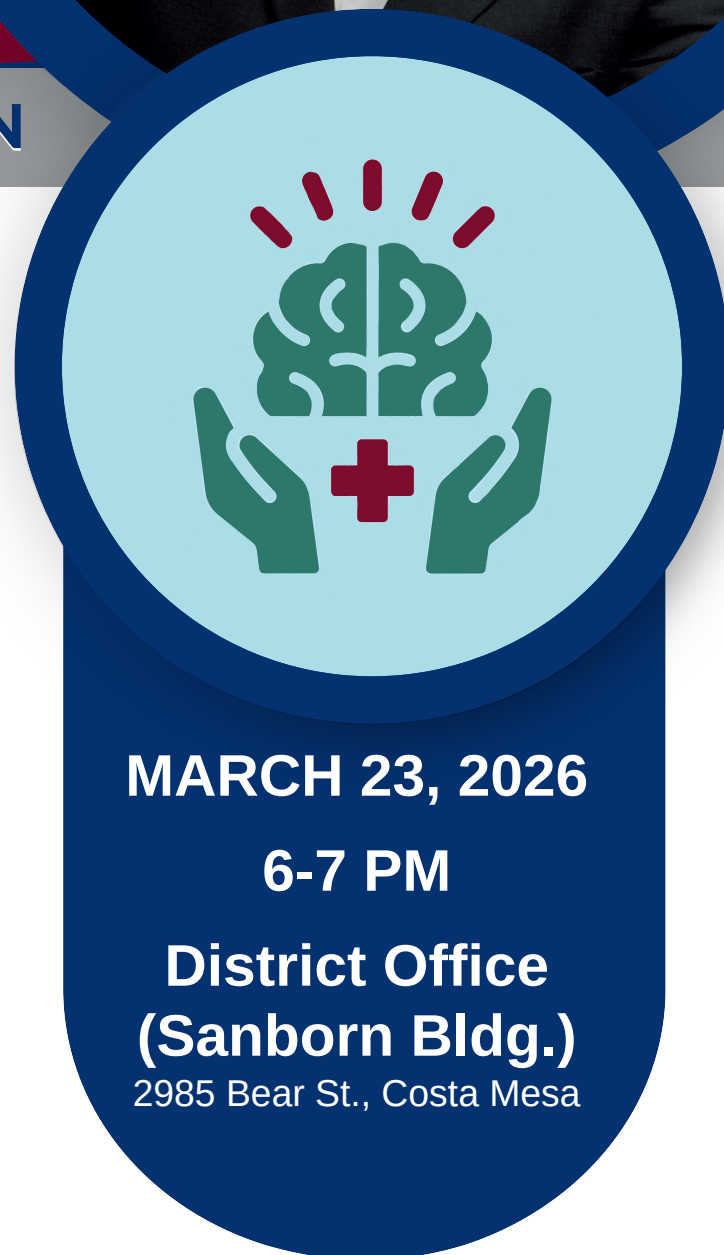
What you'll learn:

- How to better prepare for adolescent mental health
- The role of technology in teen wellness
- Tools that support your entire family's well-being

The one-hour session will include a Q&A that will be video recorded. Submit your questions in advance.

Interpretation and childcare will be available.

RSVP Today!



MARCH 23, 2026

6-7 PM

**District Office
(Sanborn Bldg.)**

2985 Bear St., Costa Mesa



www.nmusd.us/ParentEducation