

VIRTUAL FAMILY LITERACY WORKSHOPS

STRATEGIES FOR SUPPORTING YOUTH MENTAL HEALTH AT HOME:

Creating Safe Spaces:
Everyday Practices for Mental Wellness



Explore simple yet effective strategies parents can implement at home to support their child's mental health. This workshop will cover routines, communication techniques, and environmental influences. Discover how to transform your home into a haven of emotional support, stability, and security.

**TUESDAY,
NOVEMBER 18,**
— 2 0 2 5 —

6:00PM–7:00PM

CLICK HERE TO JOIN

