

# Mental Health

## Parent Education Series

Join community partners to discuss mental health topics such as:

- Mental Health 101
- Resources in the Community
- Resources in Schools
- Supporting LGBTQ+ Youth
- What to do in a Mental Health Crisis
- Co-occurring Mental Health and Substance Use
- Social Media
- Self Harm
- Mindfulness



Scan the QR  
Code for Dates &  
Registration



Webinars are on the Second Tuesday  
of each Month, 7:00pm – 8:00pm

If you're interested in attending a webinar, please complete the [registration form](#) and we'll send you a Zoom link prior to each webinar. If you have any questions, please email Shannon Novara at [snovara@washtenawisd.org](mailto:snovara@washtenawisd.org).