



Parent Workshops

Supporting youth through stress and anxiety

Participants will gain a fundamental understanding of how stress and anxiety can manifest in youth. They will be given practical tools to assist themselves and youth in coping with stress and anxiety.

Fostering wellbeing and connection with your child

Participants will discuss how to promote wellbeing and resiliency for their child as they grow. Strategies will be given to promote connection, how to approach difficult conversations, and navigate challenging situations.

Growing up is hard: How to plan ahead

Participants explore how to talk about mental health in their households. They will then learn how to create a preventative support plan with their youth to utilize when difficult situations arise.

Tackling life transitions

During a youth's life there are many big periods of transitions. This workshop will cover how to prepare for changes and promote resiliency and confidence in youth.

Navigating resources: How to access mental health care

Participants will learn how to identify resources that fit their needs and connect to help. Through a systems lens, participants will gain insight on how to advocate and be a voice for their youth.

Social media and mental health

Participants will discuss the realities and impact on youth mental health. They will also learn how to implement practical approaches to technology and develop a social media plan for their family.



 [Learn more: pcmh.org/parent-workshops](https://pcmh.org/parent-workshops)