

# PARENTING & MENTAL HEALTH

How do you support your child's mental health?  
How do you know when your kid needs help?  
What do you do if their friend is struggling?



Register today to join us for this **FREE** workshop on kids' mental health!

**Saturday, January 13, 2024**

**10am-2pm**

**at the Forest Grove City Library**

Learn about specific mental health issues kids face.  
Hear powerful stories from other parents and youth.  
Gain support and discover resources.  
Learn hands-on practical tools you can use with youth.  
Hear from Forest Grove School District mental health professionals.

**Lunch will be provided!**  
**Spanish-language interpretation is available - register today.**  
**No childcare is provided for this event.**

