

My Child Matters

Free Monthly Virtual

(and in-person on February 29th)

Mental Health Presentations

6:30-7:30pm

A link to view the live presentation will be available on the district website 10 minutes prior to the start of the presentation.

www.district41.org

*All presentations will be recorded and posted on the district website 48 hours after the presentation

THE MENTAL HEALTH COMMITTEE IS
PARTNERED WITH:



Monthly Topics:

September Topic: My Child's Mental Health:
Basic signs and symptoms, where do I go for help, and where to find resources

[Presentation Link](#)
[PowerPoint](#)

Bullying vs. Being Mean: How to know the difference and what can I do to help my child

[Presentation Link](#)
[PowerPoint](#)

Navigating Social Media with a Pre-Teen/Teen

[Presentation Link](#)
[PowerPoint](#)

Anxiety and/or School Refusal:
How to best support my child

[Presentation Link](#)
[PowerPoint](#)

Parenting with a Growth Mindset