What Parents Should Know about Social, Emotional and Mental Health for Your Child’s Wellness

Stress and poor health can affect your child’s success! When issues are not addressed quickly, they can lead to difficulties with academics, social interactions, self-care and their ability to achieve goals.

Gain valuable knowledge, wellness strategies and parent support

✔ Why Mental Health and Physical Health are equally important!
✔ What are typical child/teen behaviors and issues, versus what are more serious?
✔ Why getting support early is so important!
✔ What can a parent say or do to help? What is my role as a parent?
✔ What resources are available and how do I get support?

Date: Wednesday, May 23, 2018 / Time: 6 to 7:15 pm
Facilitated by Momentum for Mental Health’s REACH program
Location: Davis Intermediate School
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San Jose, California 95111
(408) 227-0616