



**MINDING
YOUR MiND**

Presenting:

Resilience Required: COVID-19 & Teen Mental Health

Featuring clinician Jon Mattleman

A VIRTUAL FORUM FOR MIDDLE & HIGH SCHOOL PARENTS

December 8th, 2020

6:30 - 7:30 PM

Join us for a live webinar!

Click the link below to register.
<http://tiny.cc/ResilienceRequired2020>

Questions? Please contact
Mr. John Shackelford
shackelfordj@pasd.com

Students, teachers, parents and caregivers are struggling to cope with a pandemic that has drastically impacted this school year. We continue to grapple with concerns around physical health and safety challenges and have seen the impact on mental health, social connections, and academics. Grief, loss, the rise in anxiety and depression, and ongoing uncertainty about the future impact how our children experience learning. This presentation for parents and caregivers focuses on how we can support our children during this challenging school year. Counselor Jon Mattleman will provide attendees with context to the factors impacting this school year, highlighting the resilience we've all shown during this challenging time, and how we can use that to be a source of strength, stability, and support for the youth in our care.

