How You Feel Shapes How Youth Feel:

Thursday, August 6th - 7:45 AM ChST

A Savor Lining Mental Fitness Class for

GUAHAN ACADEMY CHARTER SCHOOL

This 60-minute educational event focuses on the mental health of parents & caregivers, on it's interconnectivity with the mental health of children, & on tips for starting conversations & prioritizing youth mental health. This class will also be helpful for anyone supporting youth.

In this class, you will discuss & learn about:

- Current trends & challenges facing adults & parents,
- Linkages between adult & youth symptoms,
- Therapist curated tips to utilize in conversations & interactions with youth on these subjects,
- Activities focused on identifying strengths, anxieties & practicing "I" statements for conversations.

This psychologically safe session has anonymity options.
We look forward to having you join!

No Registration Required

RSVP to the team calendar invite

SAVOR LINING

www.savorlining.com