



A Parent/Caregiver Guide to Mental Health Workshop

This workshop will cover the following:

- Normalizing mental health struggles
- What a crisis looks like
- Discussing coping skills
- Identifying feelings
- Providing resources
- Tools in order to reduce isolation

This program is for caregivers
(parents & grandparents) of
school-age children and is
presented by:



October 28, 6:30pm - 7:30pm
Rockaway Township Free Public Library
61 Mt. Hope Rd, Rockaway, NJ

Register at: <https://tinyurl.com/4att84kc>



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