



MEETING OUR CHILDREN'S MENTAL HEALTH NEEDS IN TURBULENT TIMES

Presented by Peter Montminy

It's no secret that stress levels are at an all-time high these days. We're surrounded by news headlines and social media posts that scream at us to worry about so many dangers, and to blame so many "Others" for our problems. Daily life often feels frightening, disheartening and exhausting. So many well-meaning parents and teachers are at their breaking points. Our kids are too. We've had enough. How do we care for our children during such times?

We won't solve all the world's problems in this program, but we will get back to basics. We'll remind ourselves of the timeless truths that nurture our children's mental health and well-being, rather than tear it down. We'll recommit to the simple practices that help a child to feel secure, as well as seen, soothed, and strengthened. We'll reconnect with one another and with the inextinguishable hope in our hearts. Please join us.

TUESDAY
September 21, 2021
7PM-8:30PM
Join Tuesday

This session will be recorded.
www.scasd.org/straighttalk

The Straight Talk Committee includes representatives from Jana Marie Foundation, Youth Service Bureau, Communities that Care, and State College Area School District