



Community Mental Health Night

FIND ANSWERS TO HELP YOUR CHILD

This might be the most important event of the year for all parents! Support your child's mental health and wellness by joining us for an informative event for parents. Hear from leading family therapists who have provided our district with a free resource to help parents with important topics such as identifying **anxiety**, understanding internal **family** systems, coping with **grief** and *Parenting with Purpose*.



Join us for a
virtual event

Tuesday,
January 26

6:00-7:00pm

Register now:

[http://cookcenter.info/
WilderPublicSchools](http://cookcenter.info/WilderPublicSchools)

ParentGuidance.org

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