

PARAMOUNT USD

HOSTED BY PARAMOUNT HIGH SCHOOL

MENTAL HEALTH AWARENESS NIGHT FOR PARENTS/GUARDIANS



SCAN ME

**WEDNESDAY
DECEMBER 16th 4-7pm**

ONLINE EVENT ON ZOOM

SIGN UP [BIT.LY/2HZGD41](https://bit.ly/2HZGD41)

JOIN US FOR AN INTERACTIVE EVENING TO LEARN MORE ABOUT WELLNESS AND RESOURCES. THIS IS AN INCLUSIVE EVENT FOR PARENTS, FAMILY, STUDENTS, STAFF AND EDUCATORS IN PUSD.

**WORKSHOPS ON:
ANXIETY
HEALTHY RELATIONSHIPS
DEPRESSION
SUICIDE PREVENTION
MINDFULNESS
RESOURCES
SUBSTANCE USE
TRAUMA
GRIEF
AND MORE**

**PRESENTERS: CHILD NET, DIDI HIRSCH,
NAMI, THE GUIDANCE CENTER, DMH,
PUSD EDUCATORS, AND MORE.**

562-602-6068