

Parenting Support & Mental Health Q&A

THESE SESSIONS ARE JUST FOR PARENTS, GUARDIANS, AND CARE GIVERS OF OUR PATIENTS! EACH WEEK WILL HAVE A TOPIC THAT IS COMMONLY ASKED. WE WILL TALK ABOUT HOW IT SHOWS UP IN YOUR LIFE AND WHAT TO DO NEXT. WE WILL ALSO HAVE A Q&A PORTION WHERE YOU CAN ASK YOUR MOST PRESSING ISSUES. IF YOU WOULD LIKE TO MAKE SURE YOUR QUESTION IS ADDRESSED OR GIVEN ANONYMOUSLY, PLEASE EMAIL IT TO CMCCOWN@TANQUEVERDEPEDS.COM WITH PARENTING SUPPORT Q&A IN THE SUBJECT LINE PRIOR TO THE SESSION.

DATES & TOPICS

PARENTS ONLY!

- Sept. 14th: Age Appropriate Mental Health Skills 2-4 Toddlers
- Sept. 21st: Age Appropriate Mental Health Skills 5-7 Early Childhood
- Oct. 18th: Age Appropriate Mental Health Skills 8-10 Elementary
- Oct. 26th: Age Appropriate Mental Health Skills 11-13 Tweens
- Nov. 2nd: Age Appropriate Mental Health Skills 14-17 Teens
- Nov. 9th: Age Appropriate Mental Health Skills 18-21 Young Adult
- Nov. 16th: Navigating Holidays & Departures from Schedules
- Nov. 30th: Punishments, Consequences, & Rewards, What's Best?
- Dec. 7th: Screen Time Management: Good, Bad, & the Scary
- Dec. 14th: Creating Family Traditions that Stick

Wednesday @ 7:45pm-8:45pm

REGISTER AT WWW.TANQUEVERDEPEDS.COM