

🕒 1 hour session

👥 40 participants per workshop



MINDFULNESS WORKSHOP

Understanding Mental Health

In this workshop:

- ▶ Parents/caretakers identify the difference between mental health, a mental health problem, and a mental illness.
- ▶ By focusing on self-care, communication tactics, and resources, they learn mental wellness tools to better engage with their youth.

Presented by Brave Education



Resilient Learners: evaluate internal and external stressors, and implement social and mindfulness skills.

Want to support your children from home?

Check out our free and purchasable resources at
braveeducation.com/parents

