

Parenting and Mental Health

Presented by



17.5% of school-age youth live with a mental health condition.

It's hard being a kid these days. And it's hard being a parent, trying to figure out how to support your child through their mental health struggles.



How do you know when your kid needs help? How do you help when one of your child's friends is struggling? What kind of help do they need? What do you do in a crisis?

Join us for a morning of education and support, where you will hear from both parents and youth who have dealt with mental health challenges.

Learn about specific mental health issues kids face, and discover hands-on practical tools you can use right away with youth in your community.

This event is for parents, teachers, coaches, and anyone else who supports or works with school-age youth in Washington County.

We want you and the children in your life to know that we are here for you, and **you are not alone.**

Saturday, June 3, 2023

9am-1pm

Oreco Elementary School
7050 Northeast Birch Street,
Hillsboro, OR



Use your phone's camera to scan this QR code to go straight to the event registration page!

Seating is limited - register today
No childcare is provided for this event

www.WashCoNAMI.org/parentmh