



The District Wellness Department Brings to You:

A VIRTUAL SERIES OF PARENT WELLNESS SUPPORT

Parents, we hear you and your concerns related to you, your family, and your children. Covid-19 has definitely impacted our mental health at one point or another. These support meetings will range in discussions about the transition to hybrid/on-campus learning, coping strategies, mental health, and suicide prevention awareness. Please join us for an opportunity to hear from various professionals in a rotating panel forum on how to support our teens during this unique time.

ALL MEETING TIMES:
6:30pm-7:30pm

DATES:

- April 14th

- April 21st

- April 28th

Zoom link:

<https://hartdistrict-org.zoom.us/j/86187807176?pwd=S202em85YWdvdIB2ckhHNzVvOWpRUT09>

Meeting ID:

861 8780 7176

Passcode:

063100