



CALIFORNIA STUDENT
MENTAL HEALTH WEEK

May 9-13th, 2022

Calling All Parents & Caregivers.

**MONDAY MAY 9
4:00 PM - 5:30 PM**

FREE WORKSHOP FOR PARENTS/CAREGIVERS:

**Decoding the Mental Health Messages of Children and Adolescents:
A Webinar for Parents and Caregivers**

Childhood and adolescence represent expected periods of tremendous growth and change. Beyond their typical developmental milestones, today's K-12 students have endured a series of unexpected stressors during the COVID-19 pandemic that have contributed to confusing, overwhelming, and intensified emotions and experiences of grief and loss. As students, families, educators, and school communities work to renegotiate "normal," we must also continue to unpack the meaning and impact of this time on the intrapersonal and interpersonal health of children and adolescents. This session will identify signs and symptoms of common mental health concerns that affect children and adolescents, explore the distinction between developmentally normative patterns and those that may reflect higher than expected levels of distress, and present strategies that parents and caregivers can employ to support successful coping and maintain healthy communication with their child.

WORKSHOP PRESENTER:



DR. AUBREY URESTI

This workshop is part of a series of workshops offered during California's third annual California Student Mental Health Week (CSMHW) - May 9-13, 2022. This workshop, curriculum, inservice materials and social media post suggestions are provided to you on behalf of the California Association of School Counselors.

CALIFORNIA STUDENT MENTAL HEALTH WEEK MATERIALS:
WWW.COVID19K12COUNSELING.ORG/STUDENT-MH-WEEK

