



# Middle School Parent/Guardian Free Workshop Series

Please join us for free workshops at either San Jose or Sinaloa Middle School. Build your skills and knowledge on how to support your middle schooler with important mental health challenges.

San Jose Middle School: Wednesday nights, 5-7pm		Sinaloa Middle School: Thursday nights, 5-7pm	
Jan 8	Anxiety & Depression	Jan 23	Anxiety & Depression
Jan 15	Suicide Prevention & Self-harm	Jan 30	Suicide Prevention & Self-harm
Jan 22	Substance use/Vaping	Feb 6	Substance use/Vaping
Jan 29	Bullying/Cyberbullying	Feb 13	Bullying/Cyberbullying

Presenters and/or panels to include: Therapists from North Marin Community Services and other local specialists. Spanish interpretation, childcare, light refreshments and food will be provided.

Open to all middle school parents, guardians and other caring adults in the lives of teens. To register for one workshop or all four in the series, or for more info please contact:

Chelsea Fenton, Wellness Program Manager, AMFT, APCC  
 cfenton@northmarincs.org or call (415) 892-1643 ext. 231

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