

Save the Date

Mental Health & Wellbeing Series for Parents and Caregivers 2024-2025

Additional speakers to be scheduled: [Dr. Anna Lembke & Dr. Madeline Levine](#)



Email MCWellness@marinschools.org

Sept. 17 5:00 pm	More than Sad for Parents AFSP <u>Register here</u> NOTE: Event is 6 pm Mountain Time/5 pm Pacific Time	Dec. 4 7:00 pm	The Adolescent Brain Let's Talk (MHYP) <u>Register here</u>
Sept. 17 6:00 pm	Substance Use and The Middle School Years Let's Start Talking (MHYP) <u>Register here</u>	Jan. 14 6:15 pm	Vigilant Parent Training: Exploitation and Safe Social Media Marin County DA's Office <u>Register here</u>
Sep.24 6:00 pm	Substance Use and The Middle School Years (Spanish) Let's Start Talking (MHYP) <u>Register here</u>	Jan. 21 6:15 pm	Vigilant Parent Training: Sextortion, AI, Deepfakes Marin County DA's Office <u>Register here</u>
Oct. 9 7:00 pm	Just Say Know: A Discussion on Vaping Let's Talk (MHYP) <u>Register here</u>	Feb. 5 7:00 pm	Parenting to Support Our Teens Let's Talk (MHYP) <u>Register here</u>
Oct. 17 6:15 pm	Raising Compassionate & Resilient Children Dr. Maryam Abdullah <u>Register here</u>	Feb. 27 6:15 pm	The Media and Having Difficult Conversations with Your Child Dr. Marie-Louise Mares <u>Register here</u>
Oct. 23 6:15 pm	Sleep in Adolescence: What You Need to Know Dr. Michelle Jonelis <u>Register Here</u>	March 6:00 pm	Raising Healthy Families CIP Marin Series <u>Learn More here</u>
Nov. 13 6:15 pm	Supporting Healthy Tech-Life Balance for Youth ScreenSense <u>Register Here</u>	Apr. 17 6:15 pm	Talking to Youth about Healthy Relationships Center for Domestic Peace <u>Register here</u>
		May 7 7:00 pm	Mental Health and Underage Substance Use Let's Talk (MHYP) <u>Register here</u>

[Additional Safe Social Media Resources Here](#)