



# THE SIGNS OF STRUGGLING: STRATEGIES TO HELP

**Date:** Tuesday, February 22, 2022

**Time:** 7:00 - 8:00 p.m.

**Held via Zoom**

WCASD Mental Health Specialists will present on important mental health issues and provide parents with helpful resources and strategies. Following the presentation, there will be a Q&A session for parents to ask specific questions and receive valuable advice.

Possible topics covered in this presentation will include:

- Anxiety
- Depression

**Register at: [www.wcasd.net/strugglingsigns](http://www.wcasd.net/strugglingsigns)**

The Zoom link will be sent on the day of the presentation.