

Presented by



THE
EMPOWERMENT
PROJECT

Join Us!

**Free Community Event
For the Parents of St. Brother Andre CHS
& Feeder Elementary Schools**

**SUPPORTING WELLNESS AT
HOME**

**WEDNESDAY APRIL 17, 2024
7:00-8:30PM
@ ST. BROTHER ANDRE CHS**

We will discuss our own mental programming and responses to stress; learn how to support ourselves & our children during challenging times and how to build life long skills. We will also discuss tools and strategies to encourage a positive mindset and healthy habits.

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Parent Engagement Seminar: Supporting Wellness at Home

Join an interactive seminar on how to support mental wellness at home for ourselves and our children.

Mental wellness is a vital aspect of our overall well-being. It affects our mood, cognition, and behavior, and can have a significant impact on our quality of life. In recent years, there has been a growing recognition of the importance of mental health, and more and more people are seeking ways to support their own mental well-being and that of their loved ones.

One area where mental wellness is especially important is at home. Our home environment plays a crucial role in shaping our mental state, and as parents, it is essential that we create a nurturing and supportive environment for our children's mental health. However, this can be easier said than done, particularly in the face of the many challenges that we face as parents.

That is why this interactive seminar on how to support mental wellness at home is so important. It provides an opportunity for us to learn from experts in the field, as well as from each other, about the best ways to create a positive and supportive home environment for our families. Through discussion, education, and practical exercises, we can gain a deeper understanding of the factors that contribute to mental wellness, and develop effective strategies for promoting it in our own lives and the lives of our children.

Ultimately, the goal of this seminar is to empower us as parents to take an active role in supporting our own mental well-being and that of our children. By working together and sharing our experiences, we can create a culture of mental wellness that will benefit us all for years to come.