

Dear Parents and Students,

We are excited to announce a series of workshops focused on mental health and well-being, aimed at both parents and students. These workshops will provide valuable information, resources, and strategies to help manage stress, build resilience, and foster a positive mental health environment.

Workshop Details:

- **Date:** March 15, 2023
- **Time:** 6:00 PM - 8:00 PM
- **Location:** Community Center, Room A
- **Target Audience:** Parents and Students (Grades 6-12)

Topics Covered:

- Understanding Mental Health
- Coping Strategies for Stress and Anxiety
- Effective Communication Skills
- Promoting Positive Relationships
- Resources for Further Support

We encourage all parents and students to attend and take part in these important discussions. Your mental health matters!

Please RSVP by March 8, 2023, to ensure we have enough materials prepared.

Thank you,

The School Counseling Team