

Parents as Partners Conference

Workshop Session, A9

Room: 203A

Growing Healthy Minds

Mental Health and Well-Being Parent Partnership Committee

Parents have a unique opportunity to role model for their children 6-12 years old the importance of taking care of our mental health just as we would our physical health. This session will focus on parenting from a positive mental health lens shedding the light on the importance of growing children's resilience and strengthening their coping skills.

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