

# **Parents as Partners Conference**

**Workshop Session: B12**

**Room: 204B**

## **Children's Mental Health Challenges & Seeking Support**

Mental Health and Well-Being Parent Partnership Committee

As parents knowing when and how to seek help is crucial for the healthy development of children. Parenting a child who is experiencing a mental health challenge can be difficult. This session will help parents recognize the signs and symptoms of mental health challenges. Parents will be able to know when and how to seek help and will be aware of how to take care of themselves to support their children's healthy development.

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