

Parent Webinars:

Mental Health is for Everyone

September 13th, 2023

6-7 PM

As we work to normalize and identify emotional challenges across cultures the District is focusing on support through campus-based services to address those needs and challenges.

Vaping and E-cigarettes – What Parents Need to Know

November 15th, 2023

6-7 PM

This session will focus on what e-cigarettes and vaping are, the effects of their use, why it can be illegal, and the warning signs that your child may be vaping or using e-cigarettes.

Study Habits & Test Anxiety

February 21st, 2024

6-7 PM

Parents and caregivers will be equipped with research-based strategies and tools to help students be better prepared for school, state, and national assessments. Information about test anxiety symptoms, current district and campus-based support systems to address it, and best practices regarding how to lower and/or minimize it will also be shared.

Student Success Webinars:

Mental Health Supports for Students

October 18th, 2023

6-7 PM

Students will explore the comprehensive mental health support offered in their school community.

Stress & Anxiety

January 17th, 2024

6-7 PM

Students will learn practical strategies for managing stress and anxiety in their academic and personal life.

Financial Literacy

March 6th, 2024

6-7 PM

Students will learn the art of budgeting smartly, how to manage credit, and strategies for building a strong financial foundation that will implore them to make smart financial decisions to secure a stable future.

**Get involved.
Get help.
Get healthy.**



For information about our resources, please scan here.
www.fortbendisd.com/wholechildhealth

