



Parent Webinars 2022

Webinars occur from 6-7pm

January 26

Healthy Minds and Healthy Habits: How to Support Your Child's Mental Health

This session will focus on parenting strategies that will help parents support their children to be the best version of themselves.

February 23

Social Media Awareness Collaboration with Crime Stoppers

In this presentation, parents will get a brief overview of potential online dangers, cybercrime trends, popular social media and gaming platforms, and online monitoring tools to assist in keeping students safe while using the Internet.

March 23

Nutrition and Health

Families will learn how food can affect physical and mental health

April 27

Nurturing the Tween/Parent Relationship

This session will offer tips on how to strengthen that relationship and teach the importance of setting healthy boundaries as they navigate their newly established age-appropriate responsibilities.

May 18

Mental Health is For Everyone: Cultural Considerations

This session will focus on identifying, recognizing, understanding, and embracing cultural differences in mental health and how it is manifested.

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

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

