

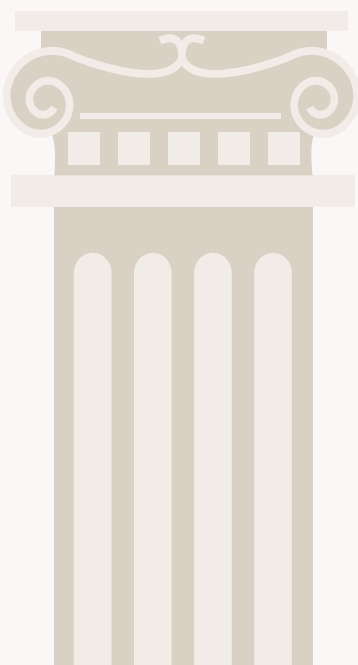
FBISD PARENT UNIVERSITY



Tuesday, October 29, 2019 • 6 p.m.

Mission West Elementary Cafeteria

7325 Clodine-Reddick Rd.
Houston, TX 77083



Mental Health 101

The new department of Behavior Health and Wellness will be facilitating a presentation and discussion about the basics of behavioral health, which will address the following questions:

- What are the signs and symptoms of serious behavioral and mental health conditions in children?
- How are these symptoms different from the more common developmental challenges that many children and adolescents experience?
- How can we best intervene as parents?
- How can we foster and nurture behavioral and mental health in our children, starting with ourselves?

Please join us for this important conversation.

A Spanish translator will be available during the event.

Presenters from NAMI will be part of the evening agenda. NAMI is the National Alliance of Mental Illness and is a grassroots organization focusing on building awareness towards mental illness through educational programs, providing resources, and shaping national policy. NAMI also leads public events to fight the stigma associated with mental illness and encourage an understanding of it, and its impact on individuals and families.