

# MONTH AT A GLANCE PARENTING

ON THE **Go!**

## FEBRUARY 2024

### 6 **Communication Skills**

Healthy communication is important for maintaining a positive parent-child relationship and also helps students develop healthy expectations for friendships and dating relationships. This training will equip caregivers with the skills to model healthy communication.

**Johnson DAEP Door #2, 6 to 7:30 p.m.**

### 13 **Mental Health 101**

This is an introduction session to mental health and presents strategies for managing your own mental wellness.

**Johnson DAEP Door #2, 6 to 7:30 p.m.**

### 20 **Positive Connections**

Learn practical tips to support your children in building respectful relationships, recognizing warning signs, and promoting open communication.

**Virtual, 6 to 7:30 p.m.**

