

# MONTH AT A GLANCE PARENTING

ON THE **GO!**

## SEPTEMBER 2023

### **5 Building Trust with Youth**

Our first session aims to empower adults (caregivers) to engage with young individuals in manners that cultivate feelings of safety, respect, and worth. Walk away with strategies for creating stronger and trusting relationships.

**Johnson DAEP Door #1, 6 to 7:30 p.m.**

### **12 Mental Health 101: Stress & Anxiety**

This is an introduction session to mental health. Learn how to manage your stress and anxiety by identifying positive stress relievers. In this presentation, parents will learn how to manage their anxiety and help their child as well.

**Johnson DAEP Door #1, 6 to 7:30 p.m.**

### **19 Back-to-School: Parent Edition**

Are you aware of when grades are posted in Skyward or how to access your student's report card? Join us to discover how to stay updated and explore the support our counselors and social workers offer to students facing social-emotional obstacles.

**GPISD Education Center and virtual, 6 to 7:30 p.m.**

