



**CALIFORNIA STUDENT**  
MENTAL HEALTH WEEK

May 10-14th, 2021

# Calling All Parents & Caregivers.

**THURSDAY MAY 13**  
**4:00 PM - 5:30 PM**

FREE WORKSHOP FOR CAREGIVERS/PARENTS:

**UNDERSTANDING AND RESPONDING TO YOUR CHILD'S MENTAL HEALTH NEEDS  
IN THE TIME OF COVID**

Parenting is a tough job, and it is even tougher now due to the drastic changes many children and youth have had to face over the past year due to Covid 19. This free workshop is designed specifically for caregivers to explain factors related to transitioning back to in-person learning. The panel of school counseling experts will share tips and strategies on what to look for when your child is distressed and simple techniques to help de-escalate stressful situations.

For additional workshop information please visit our website - [CLICK HERE](#)

## PANEL MEMBERS:



DR. LOREN DITTMAR



ALMA LOPEZ



SARAH HAINSWORTH

This free workshop is being brought to you by the California Association of School Counselors, as part of the efforts to support CA Student Mental Health Week.  
([ACR 68 -O'Donnell](#)).

TO REGISTER, PLEASE VISIT OUR WEBSITE:

[WWW.SCHOOLCOUNSELOR-CA.ORG](http://WWW.SCHOOLCOUNSELOR-CA.ORG)

