



## Greetings Folks!



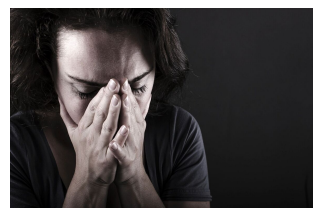
*Back to school tips*

### It's time to get ready for that time of year

If you are a parent or know someone with children you know what time it is... I want to help you get ready by sharing this excellent piece from the Child Mind Institute with several short articles about back to school do's and don'ts and tips for students struggling with anxiety and more.

If you have concerns about your student consider taking a Mental Health America screening test for parents.

Folks 11-16 can check out this Mental Health America youth test. Click the picture for more screening tests from Mental Health America.



*Take a Screening*

## August wellness events

Gabrielle Thurmond, continues to offer virtual and in-person soundbath sessions in the Los Angeles area. Here are some opportunities for a deeply restful and relaxing experience.



As always take good care of yourselves and each other.

Warm regards,

Madhavi



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