## Beaverhead County Three Part Series "Family Mental Heal





## Family Mental Health Night: Talk to a Therapist

Wednesday, March 17 7:00 to 8:00pm



Join us for an informative event for parents and educators to support child wellness. Ask questions of experts and take advantage of a free resource.

## (parentguidance.org)

Get help with topics such as identifying anxiety, depression, grief, suicidal ideation and parenting with purpose.

**Register** at the following link:

https://cookcenter.info/BeaverheadCountySchools

Participate <u>via Zoom or join us in-person</u> at the Parkview School cafeteria. Refreshments provided.







