



# HELPING PARENTS NAVIGATE THE NEW NORMAL:

SUPPORTING YOUR FAMILY'S MENTAL HEALTH  
THROUGH QUARANTINE AND BEYOND

A WEBINAR PRESENTED BY  
FAMILY BEHAVIORAL RESOURCES

During these uncertain times, it's natural for parents to struggle balancing work, child care and self-care. You don't have to experience this alone. During this **free** webinar, parents will learn how to identify warning signs of unhealthy behaviors in their teens. You'll also learn skills that will help promote open communication with your teen to foster healthy relationships. We will also provide participants with resources and practical tools that encourage strong mental health during this time of isolation over the summer.

## DETAILS:

- July 1, 2020 | 6-7 p.m.
- Register here:  
<https://communityinterventionservices.zoom.us/meeting/register/tJwkdeCpqTMrH9WlqAAQGrolh67tX537H22>
- For parents with children ages 12-18
- We encourage parents to pre-register and submit questions for a Q&A session at the end of the webinar.

For more information, please contact FBR at  
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