



Mental Health Topics:

Virtual Lunch Series to Support Parents in Navigating Mental Health Needs with their Children

A Series of Individual Seminars

Topics and Times (each seminar lasts 45 minutes)

- Parenting Children with Anxiety: 10/28 at 12:00 pm or 11/2 at 12:30 pm
- Parenting Children with ADHD: 11/9 at 12:30 pm or 11/18 at 12 pm
- Parenting Toddlers with Big Feelings: 11/30 or 12/9 at 12:00 pm
- Supporting the College Transition: 1/4 at 12:00 pm or 1/13 at 12:30 pm

Parent Guidance Included:

- Do's and Don'ts
- How to help your child
- Psycho-education about each topic
- **Q&A:** Your questions and concerns will be addressed.
- **Facilitator:** Ashley Abesamra, LMHC, BC-DMT, MA
- **WHERE:**
 - **At the convenience of your home! We will meet via Zoom!**

To enroll in a seminar, please email Ashley at aabesamra@fca-ne.com

****Admission: \$40.00 paid to Family Counseling Associates prior to seminar****