

# StartWell

## A Mental Health Workshop for All Parents

*Presented by LiveWell Behavioral Health, Hosted by Merritt Island Christian School*



As the new school year approaches, it is essential for parents to feel equipped and empowered to support their children's educational and emotional journey. The transition back to school can be challenging for many students, filled with academic pressures, social dynamics, and various stressors.

The back-to-school workshop for parents is a valuable opportunity to empower you with the knowledge and skills needed to support your children's emotional well-being. By fostering understanding, resilience, and open communication, parents can play a crucial role in creating a supportive environment where their children can thrive academically, socially, and emotionally.

- Understanding Mental Health in the School Setting, and providing practical strategies to support your children's mental health
- Building Resilience and Coping Skills
- Creating A Supportive Home Environment, fostering open dialogue
- Navigating School Resources and Support Systems
- Interactive Discussions and Q&A Session

***Parents with students of all ages, from all schools  
are encouraged to attend***

**Sunday, August 18<sup>th</sup>  
5 – 6:30pm**

**First Baptist Church Merritt Island Worship Center**

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