

Mental Health Essentials for Parents & Caregivers



with Mental Health Collaborative

HPS Wellness Caregiver Series Part 2

Haverhill parents & caregivers will learn strategies to include mental health as part of their parenting, identify when loved ones need support, how and where to get professional support, self-care for themselves and loved ones and much more! *This is strictly educational.*

Wed. November 15th 2023

7:00 pm - 8:30 pm



Step 1: REGISTER FOR ZOOM:

<https://tinyurl.com/y7333wm6>

Step 2: Check email for zoom link

**Step 3: Sign in and join via the link in your email on 11/15 @
7:00 PM**

Translation available during zoom: specify language at registration

For questions or to request accommodations, contact Marissa Carty

(marissa@mentalhealthcollaborative.org) or Megan Arivella (megan.arivella@haverhill-ps.org)