

• LEARN ABOUT SERIES •
ABBOTSFORD COMMUNITY & YOU



**A PARENT GUIDE TO
MENTAL HEALTH & WELLNESS**

Tips and tricks for supporting your school-aged child during Covid

**ONLINE ZOOM SESSION:
MONDAY, APRIL 12, 10:30 AM – 12 PM**

Join Mental Health Clinicians from the Abbotsford School District and Child and Youth Mental Health to learn about tips and tricks to support your school aged children during Covid-19.

To register, email **sharon@literacymattersabbotsford.com** by April 9. Once registered you will receive a Zoom link a few days before the session.

