



District Office
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August 16, 2023

Dear Parents and Guardians,

We would like to share an exciting new service for YOU, the parents, at no cost to you. We heard your message that access to mental health resources is not easy to find. We have partnered with the Cook Center for Human Connection to provide mental health awareness resources to families. These resources include a free website, ParentGuidance.org, with over 50 e-courses led by licensed therapists, 12 one-hour virtual (and anonymous) webinars that will be held throughout the school year, and individual, confidential coaching for parents.

ParentGuidance.org is a free program designed to help parents help their child. This is a great starting point as you look for answers regarding your child's mental health, child development, or even your own needs. Many parents use this resource to get answers to questions about a variety of topics from licensed therapists. You can also see the Ask-a-Therapist section where you can submit questions and review therapist responses in our library of FAQ's with topics such as anxiety, suicide ideation, bullying, self-harm and more.

Parent coaching is a confidential service provided to parents and families in our district. If your family is in need of extra support, go to ParentGuidance.org, select "Parent Coaching" and select "Register for Coaching" to get started. This service is available throughout the summer months as well!

In addition to Parent Coaching, our district will be offering monthly one-hour Zoom webinars for parents on topics such as anxiety, bullying, depression, effects of screen time and your child's mental health, suicide prevention, etc. You can pre-register for these events and receive an email reminder before the event begins. Please see the attached [flyer](#) for registration information, as well as dates and topics. The first webinar is **Wednesday, September 13 at 6:30 pm via Zoom** - the topic is "[Your Child's Anxiety](#)". If you are unable to attend a webinar, the recorded sessions will be posted on the district's website.

We encourage parents to take advantage of these new resources. For more information please visit our [website](#) under For Parents or Health Services. If you have any questions, please contact the District Office.

Sincerely,

A handwritten signature in blue ink, appearing to read "A. Berthiaume", with a stylized flourish at the end.

Dr. Anthony Berthiaume, Ph.D.
Superintendent

Together, we succeed.