



# Free Seminar Series

## FOR PARENTS OF CHILDREN & TEENS

In Recognition of Mental Health Awareness Month

### CHILD & FAMILY CENTER PROFESSIONALS PRESENT:

#### Preventing Teen Suicide

*Wednesday, May 8th 6-7:30PM*

- How to safeguard your teenager from suicide.
- Securing medications and firearms.
- How to talk to your teenager about suicide and other risks they face.

#### Recognizing Self-Harming Behaviors

*Tuesday, May 14th 6-7:30PM*

- What is self-harm.
- Myths and misperceptions about why individuals harm themselves.
- How should a parent or caregiver respond.

#### Our Teens, Social Media, and its Impact

*Monday, May 20th 6-7:30PM*

- Current trends in social media and how they impact your teen.
- Your teen's perception of risky behaviors.
- How to talk to your teens about social media.

#### Early Childhood Mental Health

*Thursday, May 30th 6-7:30PM*

- What is early childhood mental health.
- Red flags and behaviors that may indicate a need for help.
- Teaching regulation skills to young children.

Join us for an enriching experience at the Center's education building - no registration required and admission is free!



## FOR MORE INFORMATION

(661) 259-9439 | [www.childfamilycenter.org](http://www.childfamilycenter.org) | 21545 Centre Pointe Pkwy Santa Clarita, CA 91350