

Supporting Our Youth



Transforming Mental Health



Free Mental Health Webinar Series for Parents and Caregivers in 2024



This webinar series will provide information on the most common mental health challenges faced by youth today and will provide tips and tools to parents and caregivers to help them support the youth in their lives. It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Hospital-San Diego. Rady Children's is on the forefront of youth mental health and wellness and is dedicated to improving the mental health of all children. Spanish interpretation will be provided.

All webinars

5:30 to 6:30 p.m.

Followed by an optional, 15-minute question and answer session with the presenter

Jan. 24 Social Media's Impact on Youth Mental Health
Hilary Bowers, MD, FAAP
sdcoe.k12oms.org/918-243923

Feb. 7 Mental Health 101: Everything Parents Need to Know to Support Youth at Home
Willough Jenkins, MD
sdcoe.k12oms.org/918-243924

March 13 From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression
Joshua Feriante, DO, MBA
sdcoe.k12oms.org/918-243925

April 24 Cultivating School-Life Balance to Support Academic Success
Katherine Nguyen William, PhD
sdcoe.k12oms.org/918-243927

May 15 When Anxiety Attacks: How You Can Help
Tammy Maginot, PhD
sdcoe.k12oms.org/918-244349



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