

Mental Health Supports

PARENTGUIDANCE.ORG

ParentGuidance.org is a free, comprehensive Mental Health and Well-being Resource Library for all families in our district.

Key Features:

- Over 70 courses in English and Spanish
 - Topics: Anxiety, Depression, Self-Harm, Bullying, Social Media, Substance Abuse, Grief, loss and so much more!
- Created by licensed clinicians
- Accessible anytime online



PARENT COACHING

We understand that parenting is a challenging and oftentimes overwhelming experience. Our partnership connects you with a free parenting coach and therapist-created content to help you navigate the ups and downs with confidence.

Key Features:

- Virtual Parenting Support
- Weekly 1:1 sessions with your coach
- 24/7 text/email access with a response within 24-48 hours
- Expert Guidance
 - Coaches help with topics like grief, anxiety, depression, and parenting basics
- HIPAA Protected
- Get matched with a coach within 48 hours



PARENT ACADEMY MENTAL HEALTH SERIES

The Parent Academy Mental Health Series will offer Lunch and Learn/Dine and Learn sessions throughout the school year tailored to the needs of our parents. These virtual events are designed to provide valuable support and insights.

Key Features:

- Expert-Led Sessions
 - Led by mental health facilitators and therapists
- Live Interactions
 - Engage in real-time with professionals
- Anonymous Q&A
- Convenient Timing
 - Each session is one hour long

