



Resources

Sometimes you may need a little extra help when coping with your teen's changing behaviors, your young child's temper tantrums, or even your own frustrations as a parent.

And we're here for you!

Our staff of mental health professionals created tip sheets and videos on a variety of topics to help parents and kids alike in areas such as stress management, encouraging diversity, and recognizing the signs of bullying.

COVID-19 Resources

Videos and tips that are specific to coping with the effects of the pandemic. Includes "social stories" that explain major pandemic related topics, like vaccines and why we have to wear face masks, to young children.



Tips for Parents

Parenting brings unique challenges that can be difficult to address. This section has topics geared specifically for parents including:

- General topics, such as recognizing difficult behaviors in your young child or establishing routines
- Diversity and talking to your child about racism
- Bullying
- Building a better relationship with your child

Wellness

Overall wellness includes both mental and physical health. These resources address various health topics such as:

- Healthy eating
- Talking with kids about sexual health
- Physical activity

School and Peer Relationships

Learning how to communicate effectively in school and with peers is a big part of growing up. These resources are for kids and teens in the areas of:

- Communication tips
- Cyberbullying and staying safe online
- Remote learning

Tools to Cope

Kids and teens need to learn healthy ways to cope with the stressors we encounter every day. This section addresses:

- Coping with uncertainty
- Coping through art
- Building resiliency
- Mindfulness and its benefits

