

Tips and resources
for adults to better
support youth
mental health



let's talk

student wellness series

This Month's Topic
**Getting Youth Ready
for Back to School**



August 17, 2023
4:00 pm - 5:00 pm



Tri-City Wellness Center
1403 N Garey Ave, Pomona

Join us on Zoom or in-person!

Every 3rd Thursday of the month
Open to educators, service providers,
parents, caregivers and community

**Want to support your child's mental
health as they return to school?**

Returning to school can feel
overwhelming and challenging for many
kids and teens. It's okay to feel this way.

Join us and learn how you can support
your child or loved one as they transition
back to school. Discover wellness
strategies to de-stress and resources to
support you, your child and your family.



Register for free

Scan the QR code or visit the link below:

bit.ly/MHSSAwellness

For more information

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