

Join us each month on Zoom for tips and resources on how adults can better support youth mental health



# let's talk

student wellness series

## FREE WEBINAR SERIES

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

### Let's Talk Promoting Student Wellbeing

May 18, 2023  
4:00 pm - 4:30 pm

Learn about bullying, cyberbullying and the impact that social media can have on students' self-image and wellbeing. There will also be tips on how parents/caregivers can support youth as they encounter these issues.

### Let's Talk Supporting Your LGBTQIA+ Youth

June 15, 2023  
4:00 pm - 4:30 pm

Learn different ways to support LGBTQIA+ students and how you can create a safe and supportive environment for youth to feel accepted and empowered. Gain tips on how you can support youth in overcoming barriers and foster resilience as parents/caregivers.



### Zoom Registration

Scan the QR code or visit the link below:

[bit.ly/MHSSAwellness](https://bit.ly/MHSSAwellness)

### For more information

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Tri-City Mental Health Authority, through the statewide Mental Health Student Services Act (MHSSA) grant, is working to expand behavioral and mental health services for youth, young adults and their families in Claremont, Pomona, and La Verne. This funding is used to foster school-community partnerships, and provide psychoeducation for parents, supportive adults, teachers and youth.

HOPE. WELLNESS. COMMUNITY.  
Let's find it together.

Tri-City Mental Health Authority  
[www.tricitymhs.org](http://www.tricitymhs.org)     @TriCityMHS

