



MENTAL HEALTH 101



Mental Wellness for Parents and Their Families

Workshop Series

Parents/Guardians of Rancho Cucamonga High School,

According to Mental Health America (mhanational.org), “Not only are the number of youth searching for help with their mental health increasing, but throughout the COVID-19 pandemic youth ages 11-17 have been more likely than any other age group to score for moderate to severe symptoms of anxiety and depression.” At Rancho Cucamonga High School, we commit to support mental health efforts and provide education about the importance of mental health. We are honored to provide a series of workshops, entitled “Mental Health 101,” which will be led by Dr. Monica Wilson-Caffey. The virtual workshops will take place Thursday evenings, beginning on January 07 through February 11. Each workshop is 1 hour and will begin at 6:30 pm. This is an opportunity to learn about Mental Health triggers and signs as well as resources and strategies to support you and your student.

WORKSHOP TOPICS INCLUDE:

How to Manage Anxiety and Depression During Covid-19

Distance Learning: Ways to Cope for Parents and Students

Mental Health Care in the Midst of a Pandemic

Grief and Loss: How to Handle the Unexpected Circumstances in Life



Dr. Monica Wilson-Caffey

WORKSHOP DATES:

JANUARY 7, JANUARY 14, JANUARY 21, JANUARY 28, FEBRUARY 04, FEBRUARY 11

Workshops begin at 6:30 pm via Zoom

Join Zoom Meeting

<https://zoom.us/j/94573549923?pwd=ZFJHTIJpNzBkTXJRWdsYzRFNnBqQT09>

Meeting ID: 945 7354 9923

Passcode: 716578