

# RAISING MENTALLY HEALTHY CHILDREN

A Mental Health Awareness Program for Parents and Caregivers



**You support your child's physical health, but how well do you support your child's mental health?**

Our interactive workshops will help you:

**Understand** your child's development and learn more about mental health conditions

**Start the conversation** with your child and offer support

**Access** services, and learn about resources in your community

**Connect** with other parents and trusted community members that can help to provide support

Sessions will include focused information on early childhood and adolescent mental health, dialogues to help parents get comfortable talking about mental health to reduce stigma and strategies for coping with issues that are encountered everyday.

You are not alone. Mental health matters.  
Getting help can make all the difference.

The Multi-Ethnic Collaborative of Community Agencies is a coalition of community based agencies with a vision of eliminating racial and ethnic disparities and addressing health equity issues.

Call us to join our parent workshops:



**MECCA MULTI-ETHNIC COLLABORATIVE OF COMMUNITY AGENCIES**

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