



Self-care is essential.

Put your own oxygen mask on first.



Parent's Corner

Understanding My Child

WE ALL HAVE **MENTAL HEALTH**

What is Mental Health?



Increase Your Child's Concentration In 3 Simple Steps



How did COVID-19 affect my Mental Health?



1. Mental Health 101 for Parents
2. Increase your Child's Concentration
3. Healthy Rules for Screen Time

Hello parents! The pictures on the shelves are clickable and will direct you to a video that we hope could help you understand topics about mental health. This is like a virtual library that you can always visit anytime. We hope that during this Mental Health Awareness month, we get reminded that **MENTAL HEALTH MATTERS! :)**

hi

