

Mind Your Mind

Parenting Support & Mental Health Workshops

North Shore Youth Council is offering mental health workshops for parents and guardians that will discuss important information on different topics relevant to the well-being of children and teens today.

WORKSHOP TOPICS WILL INCLUDE:



Bullying
February 26th



Safe Social Media Use
March 11th



Coping with Student Anxiety and Stress
March 25th




Helping Children with Mental Health and Well-Being
April 8th


Plus additional topics based on feedback and community need!

Workshops will be held at 6 PM on Mondays at the NSYC counseling center, located in the portable building on the grounds of the Shoreham-Wading River High School.

\$30 suggested donation per drop-in session. Includes light refreshments. RSVP to mentalhealth@nsyc.com.

For more information:

 631-849-5431

 mentalhealth@nsyc.com

 www.nsyc.com



North Shore Youth Council

P.O. Box 1286, Rocky Point, NY 11778 - 631.744.0207 - www.nsyc.com