

# PARENT GUIDANCE SERIES

Wyomissing Area School District invites all parents and caregivers to join in the conversation on the **3rd Tuesday** of each month below.

Discover the power you have to shape your child's mental health!



**TIME: 6:30-7:30 pm via Zoom**

**TUES. OCT 19      "Your Child's Anxiety"**

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**TUES. NOV 16      "Helping Your Child Succeed"**

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**TUES. JAN 18      "Why Our Children Self-Harm"**

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**TUES. FEB 15      "How Parents Can Help  
Prevent Suicide"**

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**TUES. MAR 15      "De-Escalating  
Cycles of Conflict"**

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**TUES. APR 19      "Establishing Healthy  
Boundaries with Your Kids"**

For registration information, please visit [www.wyoarea.org](http://www.wyoarea.org) or  
Dr. Woodard at [mwoodard@wyoarea.org](mailto:mwoodard@wyoarea.org)