

# King Philip, Norfolk, Plainville & Wrentham Schools Parent Wellness Education: Thriving Thursdays

**March 25, 2021 7:00 pm**

## **Introduction to Youth Suicide Prevention**

Sarah Gaer, MA  
Suicide Prevention Specialist & Senior Team  
Leader of MassSupport Network, a program  
of Riverside Trauma Center

This presentation will discuss Youth Mental Health including an overview of disaster mental health, youth depression and youth suicide. Participants will learn to understand suicidal intensity, warning signs, risk factors and protective factors as well as how to intervene with a young person that may be struggling. Research indicates that just one caring adult can have a profound and life saving impact for a young person who is struggling. Attend this workshop to learn the basic skills that you may need to be that caring adult

[Zoom Registration Link](#) (After registering you will receive a link to join the meeting.)

**April 1, 2021 6:30 pm**

## **Building Resilience in the Shadow of COVID**

Presented by The Nan Project

Despite the challenges of 2020, we've seen families and students find ways to grow, adapt, and recover. This ability to bounce back is what experts call "resilience." Our training offers building blocks for promoting resilience in your family through practical tips for managing stress, creating healthy boundaries, and maintaining self-care.

[Zoom Webinar Link](#)  
(No pre-registration required)

**April 8, 2021 7:00 pm**

## **Understanding the Mental Health Implications of COVID for Students and Preparing for a Return to "Normalcy"**

Hosted by Bi-County Education Collaborative  
Dr. Craig Murphy, PhD, LEP, NCSP  
Educational and School Psychologist,  
Consultant, Speaker, Assoc. Professor at  
William James College

Although most students have been returning to in-person learning in different models since the start of the 20-21 school year, their academic and social experiences have been

**April 29, 2021 6:30 pm**

## **Dancing with Pandemic Anxiety: How Parents and Educators Can Support Kids**

Nancy Rappaport, MD  
Associate Professor of Psychiatry at Harvard Medical School, Attending child and adolescent psychiatrist with Cambridge Public Schools, Writer and Presenter

Below are some recent articles by this presenter:  
['Sadness Isn't Forever': Helping Kids Persevere Through the Pandemic](#)  
[COVID and Youth Suicide: How To Navigate Colliding Crises](#)

[Zoom Link](#)

far from normal. The goal of this parent presentation is to review many of the common themes in mental health that have emerged during the pandemic, and to discuss strategies for preparing students to return to in-person learning in the near future.

[Zoom Webinar Link](#)

(No Pre-registration required)

Passcode: 857313

**(No pre-registration required)**

Passcode: 524775

**May 6, 2020 6:30 pm**

**Taming your Worry**

Meredith Owens, LICSW

Family Support Counselor

Family Partnership, King Philip, Norfolk, Plainville & Wrentham Schools

Join Meredith Owens for a presentation to help you understand and respond to the mental health needs and concerns of your child. Take time for Q & A to help you identify strategies, next steps and resources.

[Zoom Meeting Link](#)

Meeting ID: 889 2620 6435

Passcode: 919204

**Looking for other opportunities for support and learning?**

**MassSupport Network** provides free community outreach and support services across the state in response to the unprecedented public health crisis of COVID-19.

888 – 215 – 4920 or [MassSupport@riversidecc.org](mailto:MassSupport@riversidecc.org).

[Parents Helping Parents Support Groups](#) - New Groups are starting.

Groups include, Parenting Teenagers, Group for Parents with Teens with Special Needs, Single Parent Support Group, Parenting Children Under 12 with Mental Health Challenges, and others.

[Upcoming Non- School Sponsored Workshops](#)

For further information, please contact Dot Pearl, Director of Wellness @[pearld@kingphilip.org](mailto:pearld@kingphilip.org)