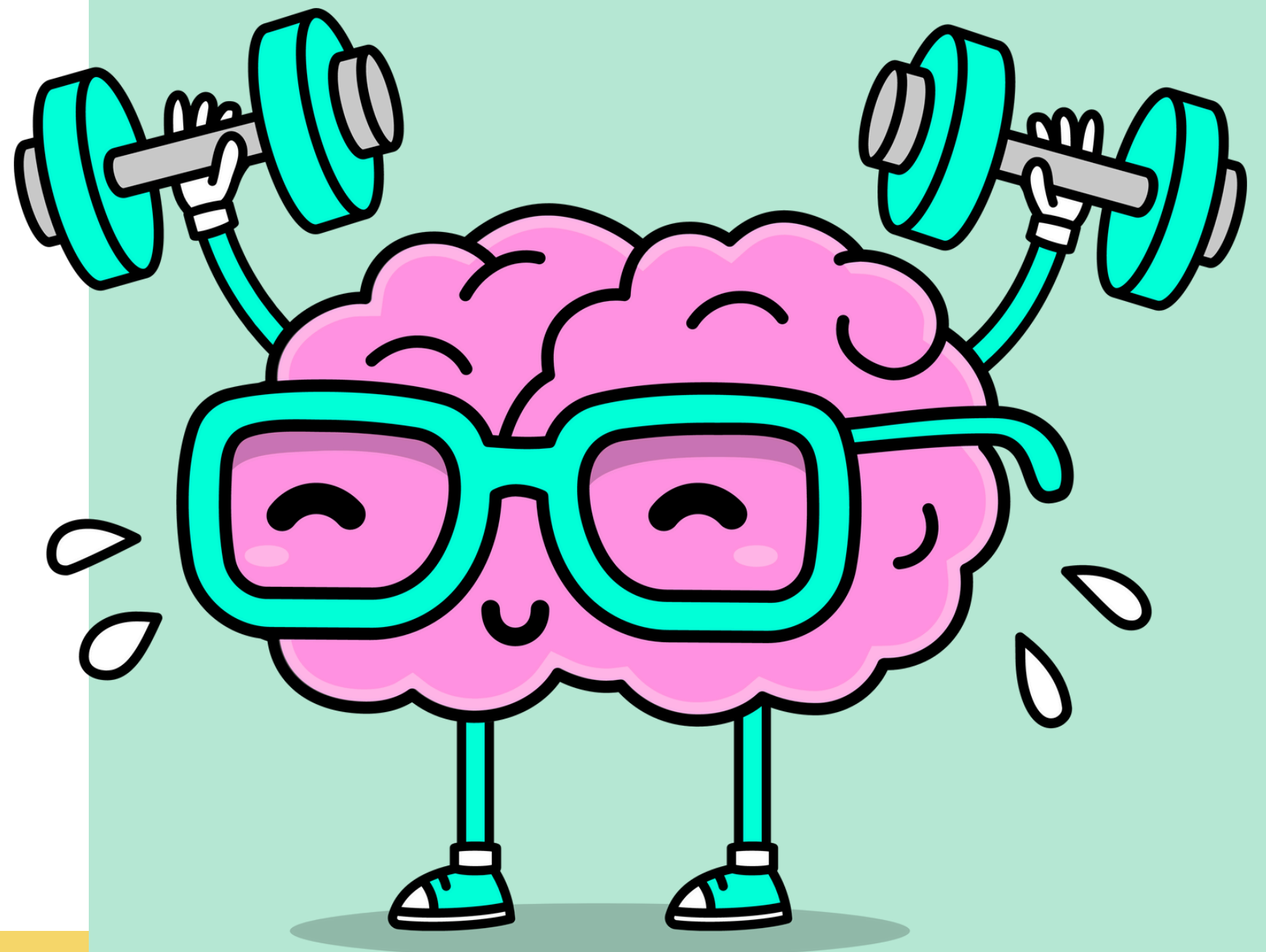


# MENTAL HEALTH *Matters*



## What topics will be discussed?

- Understanding Mental Health
- Recognizing Signs & Symptoms
- Factors Affecting Mental Health
- Supporting your Child's Mental Health
- When & How to Seek Help
- The Role of Parents and Caregivers

**Date:** Thursday, February 27, 2025

**Time:** 8:45 - 9:45 am

**Location:** Rolling Hills Middle School -  
Main office in the staff room

To RSVP, click the link below or scan the QR code to complete the google form.

<https://forms.gle/8eoWi4RvDinTtDM18>

