

LIVE WEBINAR

Promoting Positive Mental Health in Children: A Guide for Parents

**WEDNESDAY,
MAY 3 AT 1PM EDT.**

Did you know that your child's physical body and mind are intertwined? Most parents know how to keep their children physically healthy and many of us don't know what to do for our child's mental health. Don't worry - we've got you covered. We know that parents are facing unique parenting challenges and we want to help you get the support you need to be the best parent.

In this webinar, Liz Colizza MAC, LPC - Head of Clinical Content at Talkspace and Gabriella Stajic - Senior Account Manager at Talkspace, will equip you with the skills to recognize signs and symptoms in your child, to talk openly with them, and to connect them with appropriate self-help and therapy services.

WE'LL TALK THROUGH:

- The importance of prioritizing your child's mental health and recognizing signs and symptoms of a mental health challenge
- Effective communication strategies to help your child express their emotions and feelings
- Practical tips and strategies for promoting positive mental health habits in your child
- An overview of your Talkspace benefit and how to navigate the process

SOLUTION

By the end of the webinar, you will have a better understanding of how to support your child's mental health and well-being, and feel equipped to handle potential challenges that may arise. This webinar is suitable for parents of children of all ages and will provide actionable strategies to help you prioritize your child's mental health.

Don't miss out on this opportunity to learn valuable information that can help both you and your child thrive!



EVERYONE WHO ATTENDS
THIS WEBINAR RECEIVES:

- Soothing Your Child's
- Big Emotions PDF Resource

- 3 month subscription to the Lasting: Parenting Guide App



LIZ COLIZZA, MAC LPC

Head of Clinical Content at Talkspace