

# Parent Workshop: Session 6

# Tough Conversations

"I can't face school today"

"It's different now, it's not like when you were younger"

"I just want to feel numb"

"YOU ARE THE WORST PARENT IN THE WORLD"

"YOU DON'T UNDERSTAND!"

"This life is not worth living!"

"I feel really sad and I don't know why"

"I just want it all to go away!"

Free VIRTUAL monthly workshops to help you better understand your teen

May 20, 2021

Tonight's Topics:

5:30-6:30 p.m. - Stress and African American

Children & Adolescents

L. Michelle Mitchell, MDIV, MSW, LMSW

Exceptional Child Therapist, CCSD

6:30-7:30 p.m. - Common but Misguided Ways of

Approaching Anxiety in Youth

Angel Mayes, MSW, LICSW

Clinical Director at Foothills at Red Oak Recovery

To register go to

[www.ZOOM.com](http://www.ZOOM.com) "Join Meeting"

Meeting ID: 87976606045

Passcode: 268400

Sponsored by:

The Charleston County School District ALERT program

Feasible at Red Oak Recovery

For more info contact:

Linda Allen at [linda\\_ballinger@charleston.k12.sc.us](mailto:linda_ballinger@charleston.k12.sc.us)

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