



FALL 2024

Mental Health Parent Education Sessions

ADHD: The Basics and Beyond

Tuesday, October 15 – 6:00 p.m. to 7:30 p.m.

Lydia Christianson, PsyD, LP & Barb Blue, NP

Learn about the symptoms of ADHD, getting a diagnosis, and brain basics. We will discuss symptoms and strengths and start to explore next steps. Treatment options will be reviewed, including behavioral strategies and medication. We will also share parenting strategies to implement at home and ways to advocate for supports at school.



What Parents Should Know About Bullying

Wednesday, November 6 – 6:00 p.m. to 7:00 p.m.

Jennifer Joseph, PsyD, LP & Naomi Hazard, LGSW

Bullying is repeated, unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance and intentionally causes discomfort in others. Whether a child is the bully or being bullied, it can have lasting effects. This parent webinar will cover the basics of bullying, including what to do if your child is being bullied or if your child is bullying others. We will discuss the different kinds of bullying, the signs of what to look out for, and ways to keep lines of communication open. We will identify ways you can talk with your child about bullying as well as how to talk with their school if you have concerns.



*Register for the Zoom Webinar using the QR code
or call Natalis at 651-233-1076*

*All sessions are FREE and
your attendance is CONFIDENTIAL.*