

FALL 2023

FREE PARENT EDUCATION SESSIONS



*Register using the QR code next to each topic or call Natalis.
651-233-1076*

A Zoom link for the webinar will be sent via email when you register.



Helping your Child Manage Anxiety

Wednesday, September 20, 2023 – 7:00 p.m. to 8:30 p.m.

Jennifer Joseph, PsyD, LP will help parents understand the different types of anxiety and what symptoms might look like in kids of all ages. Strategies and tools parents can use to help their child manage these symptoms will be presented.



ADHD Diagnosis and Treatment

Tuesday, October 24, 2023 – 6:00 p.m. to 7:30 p.m.

Lydia Christianson, PsyD and Barb Blue, APN will review the signs and symptoms of ADHD along with tools for parents to use to help manage challenges at home.



Depression & Resiliency

Tuesday, November 14, 2023 – 6:30 p.m. to 7:30 p.m.

Maggie Elinson, LADC and Jennifer Joseph, PsyD, LP will present information about how to recognize depression symptoms in children, preteens, and adolescents and will teach parents ways to help their child or teen build skills, positive habits, and resiliency.

