

Chatham Education Association Presents:

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For parents and guardians of
K-8 students:



**"Parenting Gen Z: Raising
Critical Thinkers with Healthy
Coping Skills"**

Signs and symptoms of mental
health trends during the pandemic.

Signs of healthy and balanced mental wellness

Fostering healthy coping for children and families

Positive family structure and routines

Practical tools and ideas for parents

January 18, 2022 ~ 7pm

Program zoom code - <https://us06web.zoom.us/j/88280142241>



*QR code for registration including a free book and
question submission.*