



Parenting and Mental Health Series

Ramsey Senior Center 75 East Oak St
Fridays, August 12, 19, & 26
9:00-9:40 am

August 12: Identifying worry, anxiety and stress in parenting

August 19: Self compassion and coping strategies

August 26: Supporting mental health for ourselves and our children

Registration is free but required:

<https://MentalHealthParentingSeriesRamsey.eventbrite.com>



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