



# '24-25 Webinars

For Parents and Caregivers



Sign up to receive webinar invites: [tinyurl.com/4xkjsx95p](https://tinyurl.com/4xkjsx95p)



**About Cartwheel's webinars:** Our free webinars are designed to empower caregivers, family members, and school staff in the districts we serve with practical and actionable information on mental health topics affecting youth and families today. Our hope is that every person leaves our webinars feeling more confident in how to connect with a child in their life. We hope you'll join us.

## Aug 14 at 7pm ET

Helping Youth Cope with Back-to-School Anxiety

[bit.ly/Cartwheel\\_Anxiety\\_Webinar](https://bit.ly/Cartwheel_Anxiety_Webinar)

## Sep 10 at 7pm ET

The Relationship Between ADHD & Learning Disorders

[bit.ly/Cartwheel\\_ADHD\\_Webinar](https://bit.ly/Cartwheel_ADHD_Webinar)

## Sep 17 at 7pm ET

Social Media & Youth Mental Health: What to know, what to do

[bit.ly/4dqQz5H](https://bit.ly/4dqQz5H)

## Oct 16 at 7pm ET

(En español): Redes Sociales y Salud Mental Juvenil: Qué Saber y Qué Hacer

[tinyurl.com/mtfr73m2](https://tinyurl.com/mtfr73m2)

## Nov 13 at 7pm ET

Can We Talk? How to Have Conversations with Kids about Mental Health

[bit.ly/3MyX6jn](https://bit.ly/3MyX6jn)

## Dec 4 at 7pm ET

Raising Resilient and Confident Kids in the Age of Achievement Culture

[bit.ly/4e7r1uO](https://bit.ly/4e7r1uO)

## Jan 14 at 12pm ET

What is Nonsuicidal Self-Injury (NSSI)? How caregivers can help youth engaging in NSSI

[bit.ly/3XxtZn5](https://bit.ly/3XxtZn5)

## Feb 5 at 7pm ET

Recognizing and Treating Disordered Eating in Youth

[bit.ly/3XA632w](https://bit.ly/3XA632w)

## Mar 4 at 7pm ET

Motivating Kids to Do the "No Fun, Boring, and Tough" Stuff

## Apr 9 at 12pm ET

Connection, Co-Regulation, and Coping Skills: Helping kids and teens navigate big feelings

## May 6 at 7pm ET

How Trauma Affects Youth & Family Mental Health and How to Support Yourself and Your Kids

## June TBD

Supporting LGBTQ+ youth mental health

**About Cartwheel:** We partner with school districts to provide students and families with rapid access to mental health assessments, evidence-based therapy, medication management and consultation, and parent/guardian guidance. All of our services are via telehealth with licensed clinicians. We are committed to providing affordable care for everyone - including uninsured families and those covered by Medicaid. **To learn more about Cartwheel's services, please contact a member of your school's counseling or guidance team.**