

# EMPOWERING PARENTS

## A CONFERENCE ON WELLBEING



**Wednesday, April 10th**

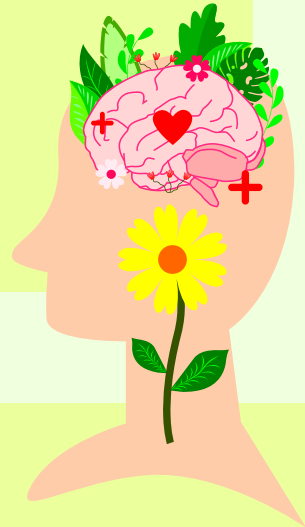
**5:30pm - 8pm**

**Riverton High School**

**12476 South 2700 West**

## RESOURCE TABLES

- The Parent Center
- Utah Center for Evidence Based Treatment
- Mental Health Screening Sign-ups
- Get Help with Student Attendance
- JSD Family Education Center
- Jordan Education Foundation
- InFocus
- SafeUT
- Live On Utah
- The Cook Center



## BREAKOUT SESSIONS

- Reducing Stress in Times of Crisis
- Finding a Mental Health Provider That is the Right Fit
- Giving Help & Hope: Suicide Prevention Skills All Parents Need to Know
- ADHD Q&A
- The SELFIE Method: Your Ticket to Thrive
- Internet Safety with BARK
- InFocus: Building Resilience and Managing Emotions
- Combating Addiction Behaviors & Substance Abuse
- How to Talk to Your Child About Suicide and Mental Health
- Coping with Grief (The Bradley Center)
- Supporting Your Child with Autism
- Understanding Your Child's Developing Brain
- Impact of Stress and Completing the Stress Cycle
- Overcoming Hardships Through Safe, Positive, & Committed Relationships
- Gang Awareness
- Understanding Safety Protocols at Your School
- Parent Coaching & Guidance: Where to Get Help
- The Science Behind Happiness