



CASTLEBAY LANE CHARTER SCHOOL

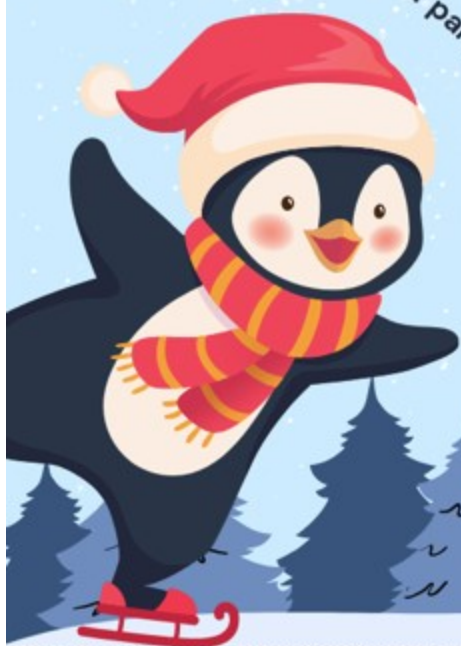


WE ALL HAVE MENTAL HEALTH PARENT WORKSHOP

WEDNESDAY, DECEMBER 4 AT 9 AM, ROOM 33 / PARENT CENTER

PRESENTED BY MS. FRANCESCA, PSW

There will be a raffle for parents who join us!



Learn practical tools to support good mental health habits at home.

We will cover:

- What mental health is
- How to encourage resilience and mental wellness in your child
- How to recognize if your child might need more support and how to access supports

For more info, email francesca.diaz@lausd.net



"Looking after our mental health is just as important as looking after our physical health."

