



Catholic Schools  
A Faith-Based Education  
that Lasts a Lifetime

# ADW PRINCE GEORGE'S PARENT/GUARDIAN WORKSHOPS ON YOUTH MENTAL HEALTH AND ANXIETY

*Join us for an insightful three-part parent/guardian series dedicated to supporting your children's mental and emotional well-being. Please feel free to sign up for as many sessions as you would like.*

- **Wednesday, May 7**
- St. Philip the Apostle School (Camp Springs, MD)
- Mental Health 101 and how to know if your child needs help

- **Wednesday, May 21**
- St. Mary of the Assumption School (Upper Marlboro, MD)
- How to prevent anxiety from turning into depression for youth

- **Wednesday, June 4**
- St. Joseph Regional School (Beltsville, MD)
- Effective parenting strategies to reduce anxiety in children

**May 7**  
**May 21**  
**June 4**  
**6:30 – 8:00**  
**PM**

Register [HERE](#)

These sessions are for adults; please find alternate childcare