

# Parent Lunch N Learn

Monthly Google Meet Mental Health  
Presentations During Your Lunch Hour

Google Meet link on Parent Square.

VIDEO CALL LINK:

<https://meet.google.com/vkb-mrdi-mgp>

OR DIAL:

(US) +1 475-222-5279 PIN: 360 878 450#

SAVE THE DATE!

**3rd Tuesday of  
Every Month**

12:00 - 1:00

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<b>September 20th</b>	What is Special Education? With Christine and Bethany
<b>October 18th</b>	Mental Health Overview and Community Resources
<b>November 15th</b>	Understanding and Supporting Anxiety
<b>January 17th</b>	Trauma and the Brain
<b>February 21st</b>	Self Regulation and Managing Tantrums
<b>March 21st</b>	Divorce/Separation and Co Parenting
<b>April 18th</b>	Understanding ADHD
<b>May 16th</b>	<i>White Pine Center for Healing presents</i> Confident Body, Confident Child (Healthy Body Image and Eating Patterns)