

Family and Caregiver Series: May Mental Health and Wellness Wednesdays



May is Mental Health Awareness Month: join Henrico County Public Schools as we recognize and support the mental health and wellness needs of our students. With a growing number of youth experiencing mental health challenges, it's more important than ever to help foster mental health as a critical part of overall well-being. The series is presented by HCPS Student Support and Wellness, in collaboration with the Family and Community Engagement team, as part of our commitment to the health and well-being of our students, staff and community.

All sessions are from 6-7 p.m.

Please join us in person, or virtually at <https://tinyurl.com/HCPSMentalHealthSeries>.

May 3 • The Oak Avenue Complex 15 S. Oak Ave., Highland Springs

Supporting LGBTQ+ Youth: The Caregiver Perspective

LGBTQ+ youth face unique challenges when navigating societal and familial expectations. Join us to learn more about LGBTQ+ identities and discuss best practices for supporting LGBTQ+ youth as a parent, caregiver or affirming adult. The education team from Side by Side, Richmond's LGBTQ+ youth center since 1991, will help you create more inclusive, brave spaces for the youth you love!



May 10 • Tuckahoe Area Library 1901 Starling Drive, Henrico

Grief and Loss: How Caregivers can Provide Support

Join Allyson England Drake, MEd, CT, the Executive Director of Full Circle Grief Center as she shares general information on grief and loss, traumatic grief, and children's grief. Caregivers will learn how to talk with children about grief and loss, support them through a death, and dispel myths about children and grief. The needs of children and families during the dying and grieving process will also be discussed.



May 17 • Twin Hickory Area Library 5001 Twin Hickory Road, Glen Allen

Ending the Silence: Recognizing the Warning Signs of Suicide and Poor Mental Health

Join NAMI to learn more about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery. Audience members will be encouraged to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma around supporting mental health!



May 24 • Fairfield Area Library 1401 N. Laburnum Ave., Henrico

Anxiety and School Refusal: How Parents, Caregivers and Educators can Help.

Join licensed clinical psychologist Carla Shaffer, Ph.D., for a presentation on how parents and teachers can identify anxiety in their students, help children build confidence to manage their anxiety, and address anxiety that presents as school refusal. Parents and teachers will learn practical strategies to help students face anxiety at home and at school.



Student Support
and Wellness



HCPS Family
and Community
Engagement