



OLENTANGY SCHOOLSSM

Parent & Caregiver Summer Series

WELLNESS WEDNESDAYS

Presented by The Ohio State Wexner Medical Center Mental Health Specialists.

Topics will provide tools and strategies to support you and your child's mental health and well-being.

JUNE: SELF-CARE

- June 8: Relaxation - Learn relaxation techniques to help you unwind
- June 15: Mindfulness - Understand how cultivating a mindfulness practice can benefit your mental health and wellness and strategies on how to get started
- June 22: Self-Regulation - Learn ways to identify and respond to your emotions to stay regulated and overcome emotional dysregulation

JULY: SUPPORT

- July 13: Setting Boundaries - Learn the importance of and how to implement boundaries within a parent/child relationship
- July 20: Supporting Emotional Health and Regulation - Understand how emotions impact your child and how you can use emotion regulation to support them
- July 27: School Avoidance - Learn why students may avoid or refuse school and how to help

AUGUST: PLANNING

- August 3: Preparing for Transitions - Understand how periods of transition impact mental health and wellness and how to support your child during transition
- August 10: Back to School Basics - Learn how to set your student up for success at the start of a new school year

All events are pre-recorded and added to the *Parent Academy* webpage on Wednesdays

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