



Typical or Troubled – Mental Health from Tots to Teens

A Free Workshop for Parents and Caregivers

Parents and caregivers often ask themselves whether their child's behaviors are typical for their age or a cause for concern. This workshop will examine typical child and teen developmental stages and warning signs at each stage that may indicate the child may be struggling with a mental health problem. The presenter will discuss:

- Common mental health disorders;
- Biological and environmental risk factors for developing mental health disorders;
- Positive interventions and strategies to help your children with stress reduction, coping skills and reducing symptoms to foster resilience and positive mental health;
- Resources to help find services;
- Crisis interventions and suicide prevention.

Workshop offered for **free** for parents and caregivers on the following dates in 2019:

August 20, 10 am – 12 pm

Burnhaven Library - Burnsville
Burnhaven Large Meeting Room
1101 W. County Road 42
Burnsville, MN 55306
(Dakota County)

August 28, 1 – 3 pm

Brooklyn Park Library
Mississippi Room
8500 W. Broadway Ave.
Brooklyn Park, MN 55443
(Hennepin County)

September 11, 1 – 3 pm

SunRay Library
Sun Ray 3M Community Room
2105 Wilson Ave.
St. Paul, MN 55119
(Ramsey County)



Deborah Cavitt is a project director for the Minnesota Association for Children's Mental Health (MACMH), a non-profit organization providing education and family coaching services for parents and professionals. Deborah works with schools, children, parents, and professionals to educate and advocate to increase understanding and reduce stigma related to children's mental health. She has a master's degree in human services and a bachelor's degree in education. Before joining MACMH, she taught for over twenty years, mainly on the White Earth Indian Reservation in Northern MN. She has also worked as a substance abuse prevention specialist. Deborah is the parent of two young adults who have experienced the challenges of living with serious mental health disorders. Because of her journey, she is personally invested in helping families as they navigate the systems of children's mental health care.

Registration recommended: www.macmh.org/ParentWorkshopSummer19

Questions? Call 651-644-7333.

** Childcare is not provided. A certificate of attendance will be available for parents and caregivers. Continuing education credits are not available for professionals.*