

# Supporting Our Youth



Transforming  
Mental Health



## Free Mental Health Webinar Series for Parents and Caregivers in 2024



This webinar series will provide information on the most common mental health challenges faced by youth today and will provide tips and tools to parents and caregivers to help them support the youth in their lives. It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Hospital-San Diego. Rady Children's is on the forefront of youth mental health and wellness and is dedicated to improving the mental health of all children. Spanish interpretation will be provided.

All webinars

**5:30 to 6:30 p.m.**

Followed by an optional, 15-minute question and answer session with the presenter

**Jan. 24** Social Media's Impact on Youth Mental Health  
Hilary Bowers, MD, FAAP  
[sdcoe.k12oms.org/918-243923](https://sdcoe.k12oms.org/918-243923)

**April 24** Cultivating School-Life Balance to Support Academic Success  
Katherine Nguyen William, PhD  
[sdcoe.k12oms.org/918-243927](https://sdcoe.k12oms.org/918-243927)

**Feb. 7** Mental Health 101: Everything Parents Need to Know to Support Youth at Home  
Willough Jenkins, MD  
[sdcoe.k12oms.org/918-243924](https://sdcoe.k12oms.org/918-243924)

**May 15** When Anxiety Attacks: How You Can Help  
Tammy Maginot, PhD  
[sdcoe.k12oms.org/918-244349](https://sdcoe.k12oms.org/918-244349)

**March 13** From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression  
Joshua Feriante, DO, MBA  
[sdcoe.k12oms.org/918-243925](https://sdcoe.k12oms.org/918-243925)



**Contact:**  
Donny Ojeda  
858-292-3898  
[donald.ojeda@sdcoe.net](mailto:donald.ojeda@sdcoe.net)

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