

ATTENTION: PARENTS/CAREGIVERS

Riverside University Health System - Behavioral Health Parent Support & Training Program

Presents

Educate, Equip & Support: *Building Hope*

The EES Education Program consists of 11-13 sessions; each session is 2 hours and is offered only to parents/caregivers raising a child/youth with mental health and/or emotional challenges. Classes are designed to provide parents/caregivers with general education about children's mental health challenges, parent to parent support and community resources.

- Recognizing and coping with grief
- Brain Development & Diagnosis
- Mental Health & Medication Treatment
- Childhood Depression
- Childhood Anxiety
- Attention Deficit Hyperactivity Disorder (ADHD)
- Conduct Disorder
- Bipolar Disorder & Schizophrenia
- Eating Disorders
- Non suicidal self-injury (NSSI)
- Accessing mental health treatment
- Schools and special education
- Child welfare and probation

Scan QR code to register



or register at:

<https://bit.ly/EEScnusd>

**Classes start:
Thursday, September 9, 2021
9am-11am**

**Corona-Norco Unified School District Parent Center
152 East Sixth Street
Corona, CA 92879**

**Please register by September 2nd by contacting: CNUSD Parent Center @ (951) 273-3132
Or
Parent Support & Training Program @ (951) 358-5862.**



www.rcdmh.org/psp

*If you are in need of a reasonable accommodation,
please contact the Parent Support & Training Program at (951) 358-5862.*

