

# Online Parent Workshops

Fall 2021

These FREE one-session workshops are led by licensed ACGC staff members to help parents and caregivers gain skills for supporting the mental health needs of children and teens in their care.



## Helping Your Adolescent Cope with Stress

**Tuesday, October 5th - 6:30 - 8:00 PM CT**

Adolescence is a period of significant development and change. In this workshop, caregivers will learn about common stressors in this developmental period, typical signs of stress, and walk away with tools on how to help their teens navigate these challenges.

## Supporting Children through Parental Separation & Divorce

**Thursday, October 28th - 6:00 - 7:30 PM CT**

Parental Divorce is considered one of the most common adverse childhood experiences and can be challenging for the entire family. In this workshop, caregivers will learn about common responses in children to separation and divorce, strategies for talking to and supporting children, as well as tips for co-parenting.

Workshops are free courtesy of St. David's Foundation COVID-19 Recovery Grant.  
(Donations are accepted.)

**Register at [AustinChildGuidance.org](https://www.austinchildguidance.org) or call (512) 451-2242.**

 Austin Child  
Guidance Center