

# Supporting Our Kids Mental Health Needs & Our Own As We Navigate Changing School Environments

Terri Henrizi from Association for Children's Mental Health

The return to the classroom was not what we expected and the return to the classroom brought more anxiety and uncertainty than any 'sense of normalcy' for many, especially for students with existing or emerging mental health challenges.

Join ACHM as we discuss new and familiar stressors facing kids and families this year and share tips and strategies to help as you navigate another 'less than normal' school year and, most importantly, support your child's mental health, learning and school success!

## Who should attend?

Families of children, youth or young adults with mental health or other learning challenges, disabilities, school staff and other community members.

Questions? [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)

**Wednesday,  
March 16, 2022  
7:00 pm – 8:30pm**

Register at:

<https://tinyurl.com/j4c5ndhj>

