

Parent Education Speaker Series

*The Child, Adolescent, and Young Adult Connections (CAYAC) team is holding eight weeks of **dinner and education courses** free of cost!*

Wednesday evenings 5:30- 6:30 p.m.

Health District – 120 Bristlecone Dr., Fort Collins



10/18	Bullying <i>How to identify bullying behavior on social media and at school, and what parents can do to help their children handle situations and the effects of bullying</i>
10/25	Anxiety <i>Signs and symptoms of anxiety in children and adolescents, and how to help children cope with it</i>
11/1	Teen Sexuality <i>An overview of what is considered “normal” teen sexuality and stages of development. Topics will include discussion on sexual identity, sexting, pornography, and more.</i>
11/8	Adolescent Substance Use <i>Common substances teens are using and appropriate interventions for teen substance use</i>
11/15	Trauma <i>The impact of trauma on child and adolescent brain development and how to assist a child and adolescent who has experienced trauma</i>
11/29	Autism <i>What a diagnosis of autism means and treatment options for families of children diagnosed with autism</i>
12/6	ADHD <i>Signs of ADHD in children and adolescents, and tools to help children and adolescents manage their symptoms</i>
12/13	Surviving the Holidays <i>Stress management tips for families during the holiday season</i>

*For more information and to
reserve your space,
email Brian:
blothrop@healthdistrict.org*

