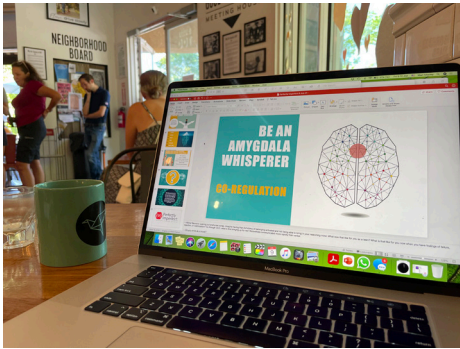




Perfectly  
Imperfect:

# SUPPORT ROOTED IN LOVE

## Workshop for Staff and Families



With all the scrolling and trolling, blaming and shaming, parents and caregivers have their work cut out for them. The challenge becomes even more intensified when supporting a youth struggling with depression and anxiety. This workshop invites parents and caregivers to talk about and work through expectations, grounding oneself even in stressful situations, and aiding your teen or child to do the same. We will work through the importance of learning how to be with your child (it's not always about what you do).



**Mari Moxley**  
Haimish Studio Partner + LSW

**Cass Walton**  
PPSP Executive Director + Mom

**You will walk away feeling supported and armed with new strategies to include:**

- Effectively supporting and advocating for the young person living with mental health challenges
- Constructively using curiosity to facilitate connection with your child
- Feeling empowered to engage in self-care and access support

Use QR-Code to register

**Date: December 11**  
**Time: 8:30 - 4:30**  
**Where: Holmes Middle School**

