

CONNECTING WITH YOUR CHILD IN A DIGITAL AGE:

Managing Technology to Strengthen Relationships &
Improve Mental Health



**FOR ALL RUSD
ELEMENTARY
PARENTS & GUARDIANS**

**THURSDAY,
★ FEBRUARY 7, 2019 ★
6:00pm - 8:00pm**

ATTENDEES WILL:

- Learn strategies to connect and thrive in a Digital Age
- Acquire new techniques for effective communication
- Increase number of positive daily interactions
- Recognize and respond to warning signs of self-harm and suicide

FACILITATORS:

Marlon Morgan, M.A., LPCC, PPSC
Executive Director, Wellness Together
Jeremiah Aja, M.A., APCC
Assistant Director, Education Services

**Whitney High
School Theater**

701 Wildcat Blvd
Rocklin, CA 95765

WHO SHOULD ATTEND?

Parents & Guardians of
RUSD Elementary students

SPACE IS LIMITED!

**RSVP at
bit.ly/rusdparenttraining**

**For more information:
info@wellnesstogether.org**



WellnessTogether.org

School Mental Health

Wellness Together is a non-profit organization helping students and educators succeed by providing mental health services on campus and online.