

MBBC Parenting Series 2020

The CCSI Manhattan Borough Based Council cordially invites you to attend our 2nd Annual Parenting Series: 3 sessions jam packed with valuable information to help maintain youth wellness holistically!



**Food will be served at
12:30 pm!**

**Session activities will
run from 1 to 3 pm**

**Session 1:
Getting & Staying
Organized
for Your Youth**
Saturday, April 4th

Navigating medical and mental health systems strategically can be very difficult! This session will help you document the life needs – school, medical, mental health, family systems – and accomplishments of your children.
REGISTER: stayingorganizedmbbc2020.eventbrite.com

**Session 2:
Mental Health
A-Z Checklist**
Saturday, April 11th

The process of reaching out to Mental Health services can be overwhelming. This session will take you through the steps of: intake evaluations to diagnosis and securing regular services & medication for the youth in your life.
REGISTER: mhazchecklistmbbc2020.eventbrite.com

**Session 3:
Careful versus Careless:
Taking Care of Yourself**
Saturday, April 18th

You must look out for yourself in order to look out for your children! This session will address the need for self-care and its importance to your mental and emotional health.
REGISTER: carefulvscaressmbbc2020.eventbrite.com



Visit us at: CCSI.nyc.org

LOCATION: To be determined
**Please register online with an email address and session
locations will be provided via Eventbrite!**