

***Parenting
is my
superpower***

THE CCSI MANHATTAN BOROUGH BASED
COUNCIL PRESENTS OUR 2ND ANNUAL

PARENTING SERIES

4 Part Training!

[VIRTUAL VIA ZOOM: REGISTER HERE](#)

**THURSDAYS JULY 16TH, 23RD, 30TH, & AUG. 6TH
1 - 3 PM**

Read session descriptions on next page



Careful versus Careless: Taking Care of Yourself - *Thursday July 16th*

You must look out for yourself in order to look out for your children! This session will address the need for self-care, making time for it in your busy life alongside your beloved youth, and its importance to your mental and emotional health.



Getting & Staying Organized for Your Youth - *Thursday July 23rd*

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: with a portfolio for each youth in your care!



Mental Health A-Z Checklist - *Thursday July 30th*

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.



Bridging The Gap: Family Advocate Panel - *Thursday August 6th*

Hear first-hand stories of parents who fought for their own children to get what they needed! Panelists will passionately answer: "How did I become a family advocate?" Learn about the resources available for your own children and how you can become an advocate for your family, and for other families! Panelists will include experts on navigating the educational, mental health, and child welfare systems.