

# You're Invited!

CHRIS 180's School-Based Mental Health Program invites you to **Fulton Forums**, a series of live sessions designed to provide support around current topics that are impacting families. Please join our therapists to access some helpful strategies on ways to navigate the various challenges that this school year will present.

## Elementary School Forums

*For students:*

Walking In Our New Norm: COVID-19  
Wednesday, 9/23 @ 3 p.m.

*For parents:*

Managing Screen Time  
Thursday, 9/24 @ 3 p.m.

## Middle School Forums

*For students:*

Mental Health 101  
Friday, 9/25 @ 3 p.m.

*For parents:*

Completing a Medicaid Application  
Wednesday, 9/30 @ 3 p.m.

## High School Forums

*For students:*

Stress Management  
Wednesday, 9/23 @ 4 p.m.

*For parents:*

Stress Management  
Monday, 9/28 @ 12:30 p.m.

**All events will be live on Zoom.**

## WAYS TO JOIN:

<https://zoom.us/j/2976394157>

Meeting ID: 297 639 4157

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