



PERC

Parents and Educators Raising our Community

www.percdublin.org



Raising Mentally Healthy Kids with Parker Huston, PhD

Wednesday, October 20th
9:30-11am and 7-8:30pm
Dublin Recreation Center's Abbey Theatre

- Learn how to start the talk with your children about mental wellness. Starting early can help set the stage for middle and high school years.
- Get tips about how to get kids to open up about feelings.
- What are some routines that can help create positive mental health for the entire family?
- Find out when to ask for help with your child's mental health.
- Parents and guardians of preschoolers through young adults are invited to attend.

Parker Huston, PhD, is a licensed clinical psychologist at Nationwide Children's Hospital and the Clinical Director of On Our Sleeves - a movement to transform children's mental health.