

King Philip, Norfolk, Plainville & Wrentham Schools Parent/Guardian Wellness Education Series

The four districts are pleased to present a series of wellness events for 2020 with a focus on mental health. The first event showcased below will open discussions around anxiety, followed by several events to continue to raise awareness and assist parents in supporting their children in partnership with the schools.

We are grateful to KyleCares, The Kyle Johnson Foundation, with their focus on mental health awareness and suicide prevention, for partnering with us to provide three of these events. Our thanks also to Family Voices of the Federation for Children for Special Needs and Massachusetts Partnerships for Youth, for partnering on other programs.

We hope you join us for one or all the events! Mark your calendars and watch for details in the coming months.

First in the series:

LET'S TALK ABOUT ANXIETY: ANGST, A DOCUMENTARY

FEBRUARY 6, 2020 7:00 PM

King Philip Regional High School, Wrentham

To raise awareness around anxiety among children and adolescents, a viewing of **Angst**, an IndieFlix documentary, will be provided through partnership with KyleCares. In a time of increasing reports of stress and anxiety among youth, this film increases parent understanding of symptoms and coping tools, and encourages help seeking, through candid interviews with youth, teens, parents, educators and experts.

The film will be followed by a panel discussion with school and community professionals. Though a parent offering, the film is suitable for youth, ages 10 and up, who may wish to attend with their parent.

<https://angstmovie.com/>



February 26, 2020

6:30 pm

Navigating insurance
for access to health
care

Wood School
Plainville

March 4, 2020

Healthy KP Substance
Use Prevention
Coalition Wellness
Event

March 26, 2020

Navigating insurance
for access to care

April 7, 2020

Secret Lives of Teens
and Tweens

April 15, 2020

Social Emotional
Learning and
Mindfulness for
Parenting

May 6, 2020

Social Media's Impact
on Mental Health:
Optimizing the
Connection