



Attention: **Nebo Parents**

join our next Mental Health Series...

Building Your Child's Confidence

Children are continuously trying to understand their place in the world and how they fit in with their family, their friends, and other relationships.

Course Created by:

Dr. Kevin Skinner, LMFT, CSAT, EMDR

Parents can play a big role in helping their children understand who they are. This session will teach parents strategies they can use to help their children develop a confident and healthy identity by covering:

- Habits & Patterns
- Developing traits of resiliency
- Developing a growth mindset
- Continuous opportunities for connection



April 18, 2023

6:00–7:00 PM via Zoom

Register by scanning QR code or go to:

<https://cookcenter.info/NeboApril18>



Register Here

