



'24-25 Webinars

For Parents and Caregivers



Sign up to receive webinar invites: tinyurl.com/4xkjj95p



About Cartwheel's webinars: Our free webinars are designed to empower parents, caregivers, and school staff in the districts we serve with practical and actionable information on youth and family mental health topics. Our hope is that every person leaves our webinars feeling more confident in how to connect with a child in their life. If you can't make it, register to receive the replay.

Aug 14 at 7pm ET

Helping Youth Cope with Back-to-School Anxiety

bit.ly/Cartwheel_Anxiety_Webinar

Sep 10 at 7pm ET

The Relationship Between ADHD & Learning Disorders

bit.ly/Cartwheel_ADHD_Webinar

Sep 17 at 7pm ET

Social Media & Youth Mental Health: What to know, what to do

bit.ly/4dqQz5H

Oct 16 at 7pm ET

(En español): Redes Sociales y Salud Mental Juvenil: Qué Saber y Qué Hacer

tinyurl.com/mtfr73m2

Nov 13 at 7pm ET

Can We Talk? How to Have Conversations with Kids about Mental Health

bit.ly/3MyX6jn

Dec 4 at 7pm ET

Raising Resilient and Confident Kids in the Age of Achievement Culture

bit.ly/4e7r1uO

Jan 14 at 12pm ET

What is Nonsuicidal Self-Injury (NSSI)? How caregivers can help youth engaging in NSSI

bit.ly/3XxtZn5

Feb 5 at 7pm ET

Recognizing and Treating Disordered Eating in Youth

bit.ly/3XA632w

Mar 4 at 7pm ET

Motivating Kids to Do the "No Fun, Boring, and Tough" Stuff

tinyurl.com/b6nva3w3

Apr 9 at 12pm ET

Connection, Co-Regulation, and Coping Skills: Helping kids and teens navigate big feelings

tinyurl.com/49d27u69

May 6 at 7pm ET

How Trauma Affects Youth & Family Mental Health and How to Support Yourself and Your Kids

tinyurl.com/yc7wpmap

June 5 at 7pm ET

Supporting LGBTQ+ Youth Mental Health: Strategies for Parents & Caregivers

tinyurl.com/4xyz27v4

About Cartwheel: We partner with school districts to provide students and families with rapid access to mental health assessments, evidence-based therapy, medication management and consultation, and parent/guardian guidance. All of our services are via telehealth with licensed clinicians. We are committed to providing affordable care for everyone - including uninsured families and those covered by Medicaid. **To learn more about Cartwheel's services, please contact a member of your school's counseling or guidance team.**