



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**

**Nebo**  
SCHOOL DISTRICT