



# Loudoun County Public Schools Department of Pupil Services Mental Health & Wellness Parent Seminar Series

2019—2020

6:30 pm — 8:30 pm

9/19	Identifying, Supporting, and Managing Childhood Anxiety Potomac Behavioral Solutions
11/14	Bullying Behavior and Cyberbullying School Counseling Services and Loudoun County Sheriff's Office
1/23	Managing Bumps in the Road: Building Resilient Relationships with Your Teen Student Support Services
2/6	Learn CPR! Student Health Services and INOVA Medical Group
2/27	Family Power: Engaging and Collaborating with Your Child Student Support Services
3/19	A Time to Connect in a Busy World Student Assistance Services
4/16	Three Things to Help Students Deal with Stress and Anxiety Neil Mc Nerney, LPC
5/14	Preventing Perfectionism: What Parents Can Do With Young Children Diagnostic and Prevention Services

All presentations will be offered at the LCPS Administrative Building  
21000 Education Court, Ashburn, VA 20148 unless otherwise noted.

**For more information or to register, go to**

**[lcps.org/ParentResourceServices](http://lcps.org/ParentResourceServices) or call 571-252-6540**

