

## WLMS Parent Night focusing on your Child's Mental Health and



2020 has been challenging for adults and kids alike, and therefore it is important to focus on **WELLNESS**.

Parenting has been particularly challenging during this time...Is your child exhibiting any of these behaviors?

- Excessive worrying or fear
- Feeling excessively sad or low
- Mood swings
- Avoiding friends and social activities or communicating with friends
- Abuse of substances like alcohol or drugs
- Inability to carry out daily activities or handle daily problems & stress
- Noticeable changes in school performance

**Come join Wilde Lake Middle School's Student Service Team  
for a parent night as we hear from NAMI of Howard County**

**November 16, 2020 from 6:00pm-7:00pm**

Joining info    Join with Google Meet  
[meet.google.com/rbj-iedf-vii](https://meet.google.com/rbj-iedf-vii)

Join by phone  
(US) [+1 318-434-5101](tel:+13184345101) (PIN: 208374170)

**There's no physical health without mental health**

