

PARENT TALKS



They aren't little anymore.



You don't understand them.



You're tired, worried, stressed, etc.

NAVIGATING PARENTHOOD & COMMUNICATION ON TOUGH TOPICS

- **November 16: Talking to Kids about Suicide/Suicidal Ideation**
- **January 18: Talking to Kids about Substance Use**
- **February 15: Parent Self-Care**
- **March 15: Phone and Internet Safety**

The 3rd Wednesday of the month at 6 PM
@ Appleseed Community Mental Health Center
2233 Rocky Lane | Ashland, OH 44805

OR

Join us remotely. Visit www.appleseedmentalhealth.com for the zoom link!

RSVP is requested, but not required.

To RSVP or for more information, contact Amy Morgan at
AMorgan@appleseedcmhc.org or 419.281.3716

Appleseed
Community Mental Health Center