

# PARENTS/CAREGIVERS

## County-Wide Parent-To-Parent Education Program

**\*FREE OF CHARGE\***

### Riverside County Department of Mental Health

Presents:

#### **Educate, Equip & Support: *Building Hope* (EES)**

United Advocates for Children & Families of California

The **EES Education Program** consists of 10-12 sessions, each session is 2 hours and is offered **only** to parents/caregivers raising a child/youth with mental health and/or emotional challenges. Classes are designed to provide parents/caregivers with general education about childhood mental health illnesses, parent to parent support and community resources.

1. Coping With Grief
2. Brain Development & Diagnosis
3. Mental Health & Medication Treatment
4. Childhood Depression
5. Childhood Anxiety
6. Attention Deficit Hyperactivity Disorder
7. Conduct Disorder
8. Bipolar Disorder & Schizophrenia
9. Anorexia & Bulimia
10. Accessing Mental Health Treatment
11. Schools & Special Education
12. Child Welfare & Probation

#### **Registration is required**

Call: Maria Rabago-Kidder @ 951-358-6858

Parent Support & Training Program

If childcare assistance is needed, please inquire at time of registration

#### LOCATION:

Classes are offered to parents/caregivers on an ongoing basis at various locations throughout Riverside County

Spanish Speaking classes are now available