Parenting Through Separation: Supporting Your Child’s Mental Health and Your Own

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/parenting-through-separation-supporting-your-childs-mental-health-and-your-own/

Separation and divorce can bring significant changes and challenges for the entire family. This webinar explores how parents can support their children’s mental health during difficult family transitions while also caring for their own emotional well-being.

Watch webinar