



LITTLETON
PUBLIC
SCHOOLS



HEALTHY
HEARTS & MINDS

GET EDUCATED! SERIES

How Schools and Families Can Work Together to Support Youth Mental Health

October 11th, 2022 | 6:30 – 7:30 p.m. | A Virtual Webinar on Zoom

Do you need help understanding and accessing mental health support for your child at school? Come to this one-hour webinar where Littleton Public Schools mental health professionals describe how to navigate our district mental health resources, learn about multi-tiered systems of support, learn about the unique roles our mental health professionals play in the district, and meet mental health staff.

Learn. Connect. Prevent. Important Conversations About Drugs Every Parent Should Know and Have.

October 18th, 2022 | 6:30 – 7:30 pm | ESC Board Room (5776 S. Crocker Street)

An interactive and informational workshop that will provide parents and caregivers the tools and knowledge to empower their children to make healthy choices and to support their peers. Topics will include: latest substance use/abuse trends among youth, communication strategies and school/community resources available to support LPS students and families. Facilitated by: Kat Vigil, LPS Substance Abuse Specialist Heather Spragins, Phoenix 6-9 Social Worker.

Challenge Success: The Well-Balanced Student

November 3rd, 2022 | 6:30 – 8:00 pm | Littleton High School Auditorium

When we are too focused on grades and performance, we deny our children the time and energy they need to tackle the demanding work of growing up. In this presentation, you will learn how to establish a healthier home environment for your school aged child, reduce academic stress without sacrificing achievement, and increase your child's resilience, creativity, and well-being.