



BUILDING RESILIENCE

A WORKSHOP FOR PARENTS ON HOW TO SUPPORT YOUR CHILD'S EMOTIONAL AND MENTAL HEALTH

Thursday, March 30

6 - 8 PM

Wilde Lake Interfaith Center

(10431 Twin Rivers Rd, Columbia, MD 21044)

Join local health professionals, community agencies and guest speaker, child psychiatrist – Jeff Bostic, EdD, MD for this incredible workshop for parents! Learn how youth and adolescents experience stress within today's culture and how to use resilience to support your child's social and emotional health and development. Attendees will receive mental health resources currently available within Howard County.

Dinner, childcare and interpretation services will be provided free of charge.

To register, please visit

<https://BuildingResilienceParentWorkshop.eventbrite.com>

For More Information, Contact Jacqueline Dougé, M.D. at
jdouge@howardcountymd.gov or 410-313-7569.

A Community Partnership Between:

