



EDUCATE, EQUIP, & SUPPORT (EES)

Building Hope

The **Educate, Equip, & Support (EES)** is an education program for parents and caregivers raising children/youth with mental health and emotional challenges. The program also provides parent-to-parent support and community resources. The program consists of 11-13 sessions; each session is 2 hours.

- Recognizing & Coping with Grief
- Brain Development & Diagnosis
- Mental Health & Medication Treatment
- Childhood Depression
- Childhood Anxiety
- Attention Deficit Hyperactivity Disorder (ADHD)
- Conduct Disorder
- Bipolar Disorder & Schizophrenia
- Eating Disorders
- Non-suicidal Self-injury (NSSI)
- Accessing Mental Health Treatment
- Schools & Special Education
- Child Welfare & Probation



**Tuesday
September 26
5 - 7 p.m.**

VIRTUAL

*To register, please contact the
Corona Norco Unified School
District (CNUSD) Parent Center.
(951) 273-3132*