

Topic:

## Helping Your Child Cope with Depression

**FREE**  
Presentation  
via Zoom  
Videoconference



FSGC presents the

# Real-World Parenting Series

**Tuesday, October 20**  
**6:30-7 p.m. CST**

**Presented via Zoom videoconference on your phone, tablet or computer in the comfort of your own home.**

The COVID-19 pandemic has resulted in a lot of chaos and uncertainty -- especially for children and teens. The isolation from friends, frequent changes in schedules and cancellations of events is taking a toll on many kids.

Depression is one of the most frequently experienced mental health issues in the United States. It can become overwhelming and lead to feelings of helplessness in children and teens.

**This next FREE installment in the Real-World Parenting Series explores various aspects of depression. Guests will:**

- Learn to recognize signs of depression in your child or teen
- Understand depression and how it shows itself in children and teens
- Learn what **you** can do to support and help your child or teen

**Guests will leave the presentation with:**

- Be able to talk with your child or teen about depression
- Understand ways to help your child or teen cope with depression
- Acquire practical strategies to nurture your child's mental health

**Spots for this virtual event are limited – first-come, first-served!**

**Register today at [fsgcdepression20.eventbrite.com](https://www.eventbrite.com/e/fsgc-depression-20)**

This presentation will be offered **FREE** via Zoom videoconference. Registrants will receive an e-mail with a link to the presentation no later than 5 p.m. the day of the presentation.

**If you have questions, please email [pevans@fsgctopeka.com](mailto:pevans@fsgctopeka.com) or call 785.232.7902.**



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