

# Save the Date

## Mental Health & Wellbeing Series for Parents and Caregivers 2024–2025



MARIN COUNTY  
OFFICE OF EDUCATION



CalHOPE

**Additional speakers to be scheduled include Dr. Anna Lembke,  
Dr. Madeline Levine, and Dr. Maryam Abdullah**

Email [MCWellness@marinschools.org](mailto:MCWellness@marinschools.org) or scan the QR code for updates



### More information to come!

<b>Aug. 26</b> 5:30 pm	<b>Straight Talk About the Triangulum of Nicotine, Vaping, and Cannabis</b> <b>Stanford Reach Lab</b> <a href="#"><u>Register here</u></a>	<b>Nov. 13</b> 6:15 pm	<b>Supporting Healthy Tech–Life Balance for Youth</b> <a href="#"><u>ScreenSense</u></a>
<b>Aug. 27</b> 5:30 pm	<b>Fentanyl Poisoning Awareness: Critical Information and Prevention Resources</b> <b>Stanford Reach Lab</b> <a href="#"><u>Register here</u></a>	<b>Dec. 4</b> 7:00 pm	<b>The Adolescent Brain</b> <b>Let's Talk (MHYP)</b> <a href="#"><u>Register here</u></a>
<b>Sept. 17</b> 5:00 pm	<b>More than Sad for Parents</b> <b>AFSP <a href="#"><u>Register here</u></a></b> NOTE: Event is 6 pm Mountain Time/5 pm Pacific Time	<b>Jan. 14 &amp; Jan. 21</b> 6:15 pm	<b>Safe Social Media Use: Vigilant Parent Training</b> <b>Marin County District Attorney's Office</b>
<b>Sept. 17</b> 6:30 pm	<b>Substance Use and The Middle School Years</b> <b>Let's Start Talking (MHYP)</b> <a href="#"><u>Register here</u></a>	<b>Feb. 5</b> 7:00 pm	<b>Parenting to Support Our Teens</b> <b>Let's Talk (MHYP)</b> <a href="#"><u>Register here</u></a>
<b>Sept. 24</b> 6:30 pm	<b>Substance Use and The Middle School Years (Spanish)</b> <b>Let's Start Talking (MHYP)</b> <a href="#"><u>Register here</u></a>	<b>Feb. 27</b> 6:15 pm	<b>The Media and Having Difficult Conversations with Your Child</b> <b>Dr. Marie–Louise Mares</b>
<b>Oct. 9</b> 7:00 pm	<b>Just Say Know: A Discussion on Vaping</b> <b>Let's Talk (MHYP)</b> <a href="#"><u>Register here</u></a>	<b>March</b> 6:00 pm	<b>Raising Healthy Families</b> <b>CIP Marin Series</b> <a href="#"><u>Learn More here</u></a>
<b>Oct. 23</b> 6:15 pm	<b>Sleep in Adolescence: What You Need to Know</b> <b>Dr. Michelle Jonelis, Lifestyle Sleep</b>	<b>Apr. 17</b> 6:15 pm	<b>Talking to Youth about Healthy Relationships</b> <b>Center for Domestic Peace</b>
		<b>May 7</b> 7:00 pm	<b>Mental Health and Underage Substance Use</b> <b>Let's Talk (MHYP)</b> <a href="#"><u>Register here</u></a>

[Additional Safe Social Media Resources Here](#)