

# CHILDBUILDERS. Building Pathways to Healthy Minds



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## Free Webinars for Parents & Caregivers

Join us for two live, interactive webinars this January. In just two sessions, learn to:

- Tell the difference between typical childhood behavior and signs that your child may be struggling with a mental health concern.
- Understand how stress and trauma shape behavior.
- Use simple, effective strategies to build resilience, confidence, and healing at home.

*You've got this:*  
Parenting and  
Children's Mental  
Health

Wednesday, January 21  
12PM-1PM

Register at  
<https://childbuilders.org/MHP>

*When life gets  
hard:*  
Parenting  
Through Trauma

Wednesday, January 28  
12PM-1PM

Register at  
<https://childbuilders.org/PTT>