

# COURAGEOUS PARENTING WORKSHOP: FOCUSING ON ANXIETY AND DEPRESSION

PARENTING IS NOT FOR THE FAINT OF HEART. TO PARENT CHILDREN AND TEENS THROUGH ANXIETY AND DEPRESSION REQUIRES IMMENSE COURAGE. THIS WORKSHOP SEEKS TO EQUIP PARENTS/CAREGIVERS WITH TOOLS TO BUILD RESILIENCE AND IMPROVE WELL-BEING.

**WHEN: THURSDAY, JANUARY 15TH FROM 6PM-8PM**

**WHERE: MERCY HEALTH'S GRADUATE MEDICAL EDUCATION CENTER  
751 W. MARKET ST. LIMA, OHIO**

**COST: FREE**

WORKSHOP PROVIDED IN COLLABORATION WITH CORNERSTONE OF HOPE, THE UNITED WAY, MERCY HEALTH, THE OHIO PARENT MENTOR PROJECT AND THE ALLEN COUNTY ESC.

PARENTS, CAREGIVERS AND PROFESSIONALS ARE WELCOME!

**Have Questions?**

**Please Contact Michelle King at:**  
**MICHELLE.KING@ALLENCOUNTYESC.ORG**  
OR  
**419.222.1836 EXT 114**



SHANE DUMM IS A LICENSED PROFESSIONAL CLINICAL COUNSELOR. SHANE HAS BEEN IN THE FIELD OF MENTAL HEALTH FOR OVER 7 YEARS AND HAS WORKED AT CORNERSTONE OF HOPE AS A COUNSELOR SINCE 2021.

WITH SHANE'S HELP, PARENTS WILL:

- HOW ANXIETY AND DEPRESSION FUNCTION IN THE DEVELOPING BRAIN.
- PRACTICAL INTERVENTIONS FOR RESPONDING TO EMOTIONAL SPIRALS WITHOUT ESCALATING THEM.
- HOW TO BUILD STRUCTURE, CONNECTION, AND SAFETY USING EVIDENCE-BASED RESILIENCE STRATEGIES.
- FAMILY-TESTED INTERVENTIONS TO FOSTER COPING SKILLS, PROBLEM-SOLVING, AND EMOTIONAL REGULATION.
- SIGNS OF WHEN TO ESCALATE FOR PROFESSIONAL SUPPORT AND HOW TO COLLABORATE WITH SCHOOLS, PROVIDERS, AND EXTENDED FAMILY.

PLEASE REGISTER BY USING THIS LINK OR QR CODE:

[HTTPS://FORMS.GLE/KXBHYTNGS94JTMMU9](https://forms.gle/KXBHYTNGS94JTMMU9)



 **Ohio's Parent Mentor Project**

 **MERCYHEALTH**

 **Cornerstone of Hope**  
Lima



 **UNITED WAY**  
Greater Lima