

PEACE OF MIND WITH PEACE AT HOME

Back-to-School Parenting Guide

Calm Works Better than Control

As the new school year unfolds, those great back-to-school intentions can start to slip. You may feel like you're walking a tightrope, trying to support your child's mental health, stay on top of their homework, screen time, and activities - and still have energy for yourself.

Transitions aren't just tough on kids. Parents feel them too.

We're here to help you juggle it all, while building peace at home.

● LIVE

September Lunch & Learn

Lunch & Learn Discussion
Support Your Child's Mental Health
without Burning Out
Thursday, September 18, 12:00 PM ET

[Register](#)

SCHOOL SUCCESS AT ALL AGES



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