

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



Elementary School



Middle & High
School



College



FORT LAUDERDALE
FIREFIGHTERS, LOCAL 765

**VISIT YOUR PARENTING
SOLUTIONS CENTER**

*to enjoy live workshops,
quick videos, and more!*

Quick Videos

1:1 Consulting

Resources by Topic