

## Attention, Parents!

*The Farquhar Middle School Counseling Department presents*

# Bumps in the Road: How to Avoid Them; What to Do About Them

Every parent wants their child to have a smooth ride through middle school. You can help your child keep his or her footing, even while navigating the many emotional, social, and physical changes of early adolescence.

## Tuesday, October 13<sup>th</sup>, 7:30 – 8:30 p.m.

*(This presentation will take place right after the PTA business meeting at 7:00 p.m. in the FMS library media center.)*

- Come hear from a panel of experts about mental health issues relevant to your child's age.
- Learn some new ideas about helping the middle school child with concerns about anxiety, stress, depression, media messages, and fitting in.
- Become informed about Farquhar's core value program, small counseling groups, and anti-bullying initiatives.
- Understand Red Flags, the depression and suicide awareness program in 8<sup>th</sup> grade MCPS health classes. *(Attendees who wish to view the Red Flags video in its entirety may stay after the panel discussion has ended.)*
- Become aware of outside resources available to assist parents.

*For more information, please contact your child's counselor at 301-924-3100.*