

PARENT EDUCATION NIGHT:

Student Wellness



As we approach Finals Week, learn more about how to support your child and help them strive in school!*

We'll discuss stress, trauma and mental health.

Parents only event

December 11th

5:30pm– 7:30pm

RSVP on [Eventbrite](#)

<https://www.eventbrite.com/e/parent-education-night-student-wellness-tickets-53069672820>

Jefferson High School Library

Light fare provided

*Spanish translation available



Behavioral Health
& Recovery Services
SAN MATEO COUNTY
Office of Diversity and Equity



STAR VISTA

