






# FACE (Families Act Care Engage)

Gain the tools to support your child's mental health and well-being

Join a judgment-free space to level up your parenting game. In this new research-backed program, learn how to:

-  **recognize and respond to mental health challenges**
-  **help your child navigate complex social dynamics and foster self-worth**
-  **advocate for your child's well-being so they can thrive and reach their full potential**

**Who:** Parents and caregivers of PreK-12th grade students in the CRCSD community

**When:** Wednesdays (60-90 minutes) on 5/1 (in-person, 5:30 pm), 5/8 (virtual, 5:30 pm), 5/15 (virtual, 5:30 pm), & 5/22 (in-person, 5:30 pm)

**Where:** In-person sessions @ Jefferson High School (in the cafeteria), 1243 20th St SW, Cedar Rapids, IA 52404

  
**Childcare provided if needed!**

  
**Receive \$25 for every session attended**

  
**2 in person sessions and 2 virtual sessions**

Learn more: [bit.ly/FACEIowa](https://bit.ly/FACEIowa)

