## **Super Saturday**

**FREE Virtual Parent Education Conference** Oct. 24, 2020 | 9:30 am - 3:30 pm

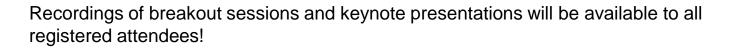
Join NAMI Minnesota & TriDistrict Community Education (South St. Paul, Inver Grove Heights, and West St. Paul) for a FREE Virtual Super Saturday: Parent Education Conference on October 24th! This online event is designed to meet the needs of biological, foster, and adoptive parents, family members, paraprofessionals, and others who work with or care for children with and without a mental health diagnosis. Event includes breakout sessions on a variety of topics related to children's mental health.



Opening Keynote: "School Year 2020: HELP!!!" presented by Tina Feigal M.S., Ed. Parent Coach, Director of Family Engagement at Anu Family Services/Center for the Challenging Child. www.parentingmojo.com

Lunchtime Keynote: "Making Mental Health A Dinner Table Conversation" presented by young adult speaker, Addyson Moore.

**Closing Keynote:** "Are the Parents Ok? How to Tend to Our Mental Health During a Pandemic" presented by Dr. Jazmine McCoy, The Mom Psychologist www.themompsychologist.com



Register online at: https://virtual-super-saturday.eventbrite.com/ For more information, contact Kate at kbartlein@namimn.org.





