

Super Saturday

FREE Virtual Parent Education Conference

Oct. 24, 2020 | 9:30 am – 3:30 pm

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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



Recordings of breakout sessions and keynote presentations will be available to all registered attendees!

Register online at: <https://virtual-super-saturday.eventbrite.com/>

For more information, contact Kate at kbartlein@namimn.org.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.