



EMPOWERING TODAY'S PARENTS AND CAREGIVERS

Dr. Jim Mazza and Dr. Lizz Dexter Mazza

Parenting Today's Teen: Navigating Social Media & Mental Health

November 2nd, 7-8pm

Most teens have access to a smart phone and social media accounts. Learn more about social media, its impact on teen mental health, and what we can do as parents and caregivers to minimize potential harms and utilize the benefits.

Parenting Today's Teen: Building Social Emotional Skills at Home

February 7th, 7-8pm

Join this session on what we can do to help our children develop skills for navigating life and experiencing intense emotions. Learn practical social emotional strategies and skills to help our ourselves and our children.

Register Today!

<https://bit.ly/3qxTCmq>

OR
SCAN
HERE



Registration questions?
Contact ffront@uw.edu

Visit us at forefrontintheschools.org

About Lizz and Jim

Join this dynamic duo of psychologists for an up-close virtual presentation and Q&A as they discuss their top strategies to empower your parenting. UW Professor and School Psychologist Dr. Jim Mazza and Clinical Psychologist Dr. Lizz Dexter-Mazza are a powerhouse in the world of parenting and social emotional learning. Their work focuses on empowering young people, schools, and families to build skills proactively, before there is a crisis.

Learn more about their work here:

dbtinschools.com