



FSGC presents

# Real-World Parenting Conversations

## FREE

Presented online  
via Zoom!

Register at:  
[FSGCtopeka.com/parenting](https://www.fsgctopeka.com/parenting)

Parenting is no walk in the park. We can help. Join us for free monthly conversations with FSGC mental health professionals who specialize in treating kids of all ages. They'll share practical, real-world information that actually works and answer your questions about raising healthier, happier kids.

Real-World Parenting is presented via Zoom videoconference on your phone, tablet or computer.

Caring for Your Kids in a COVID-19 World	Thursday, Feb. 18	6:30-7:30 p.m. CT
A Parent's Survival Guide: The Elementary School Years	Thursday, March 18	6:30-7:30 p.m. CT
A Parent's Survival Guide: The Preschool Years	Thursday, April 15	6:30-7:30 p.m. CT
Screen Time & Social Media: How Much is Too Much?	Thursday, May 20	6:30-7:30 p.m. CT
Helping Children Cope with Traumatic Events	Thursday, June 17	6:30-7:30 p.m. CT
Goodbye, Summertime! Hello, School Time!	Thursday, July 15	6:30-7:30 p.m. CT
A Parent's Survival Guide: The High School Years	Thursday, Aug. 19	6:30-7:30 p.m. CT
Suicide: Another Important "Talk" with Your Kids	Thursday, Sept. 16	6:30-7:30 p.m. CT
ADHD & Medication: Fact vs. Fiction	Thursday, Oct. 21	6:30-7:30 p.m. CT
Discipline Strategies that Actually Work with Kids	Thursday, Nov. 18	6:30-7:30 p.m. CT
A Parent's Survival Guide: The Middle School Years	Thursday, Dec. 16	6:30-7:30 p.m. CT

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**You will receive a link to the presentation via e-mail by 5 p.m. CT the day of the presentation.**

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