



Real-World Parenting Series

FREE
parenting videos
and Q&A presented
via Facebook
and Zoom

February's Topic of the Month: Childhood Depression

It's normal for kids to feel sad, act grouchy or be in a bad mood at times. But when a sad or bad mood lasts for weeks or even longer, and when there are other changes in a child's behavior, it might be depression. Dana Thomas, LMLP, will offer information on signs and symptoms of depression. She will also offer advice on what what parents can do to help.

- The first three Thursdays of each month, FSGC will post short videos about the Parenting Topic of the Month to our Facebook page (www.facebook.com/FSGCtopeka). The videos will offer practical parenting tips and advice.
- On Thursday, February 24, you'll have the chance to ask an FSGC professional your questions about the Topic of the Month in a live Q&A session via Zoom. We'll also answer pre-submitted questions at that time. Live Q&A sessions will run from 6:30:7:30 p.m. CST.

To get the Zoom link for the live Q&A and to submit your questions, go to FSGCtopeka.com/parenting and click "**Register Here**" under the Topic of the Month.

Spots for the Q&A session are limited – first-come, first-served.

Registrants will receive a link to the live Q&A via e-mail by 5 p.m. CST the day of the Q&A.

For more information, contact Jim Williamson at jwilliamson@fsgctopeka.com or 270.8907.

- **Follow us on Facebook (facebook.com/FSGCtopeka).**
- **Register at FSGCtopeka.com/parenting.**



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