

MENTAL HEALTH WORKSHOPS

for Parents & Caregivers

STAYING CONNECTED: SUPPORTING YOUTH THROUGH DEPRESSION

This workshop will provide practical tools for understanding and supporting youth experiencing depression. Our presenter, Alejandra Arango, PhD, will discuss adolescent depression, including how to recognize signs and understand suicide risk and prevention. We'll also focus on the importance of connection and offer practical strategies for strengthening relationships with youth, navigating common barriers, and responding in ways that support their well-being.



Tuesday, October 13, 2026



7:00–8:00 p.m.



On Zoom



**Alejandra
Arango, PhD**

All workshops are free and open to
Washtenaw County parents, caregivers,
and school staff.

REGISTER NOW



Looking for recordings of past
workshops? Visit
<https://bit.ly/MHWorkshopLibrary>

QUESTIONS



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