

# Health & Wellness Series



A **parent education** series providing skills and tips for helping your child or teen in a variety of areas

You may attend **just one** group or **as many groups** as you want (in any order)

1<sup>st</sup> Wednesdays of the month:

**Managing your child's challenging behaviors**

2<sup>nd</sup> Wednesdays:

**Helping your child cope with anger, anxiety and depression**

3<sup>rd</sup> Wednesdays:

**Improving your child's sleep, nutrition and exercise**

4<sup>th</sup> Wednesdays:

**Improving your child's grades, study habits, and educational supports**

**When:**

**EVERY Wednesday evening from 6pm – 7pm**

**Where:**

Child Psychiatry Department  
3551 Whipple Rd.  
Union City  
Building C, second floor

**Fee: FREE**

**NO PRE-REGISTRATION  
REQUIRED**

**For more information,  
Call 510-675-3080**

Alameda Alliance Families are not eligible to attend