



Attention: **Union County Families**

join our next Mental Health Series...

Why Our Children Self-Harm

What can parents do when they have a child that is self-harming?

Course Created by:

Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS

It can be a scary and confusing experience that is tricky to understand. Learn tools to help parents understand why this happens and what they can do to help.

This session covers the following:

- Factors that can create the desire to self-harm
- Self-harm is not the same as suicidal ideation
- Signs your child is self-harming
- Reasons why your child might be self-harming
- How parents can help



May 15, 2024

**6:30–7:30 PM
via Zoom**



Register Here

<http://cookcenter.info/May15MHRB>



mental health &
recovery board
UNION COUNTY

