

Kids Health Matters: A Parent Education Series



Join us for an engaging workshop series — *Kids Health Matters!*

Designed to support newcomer families in raising healthy, thriving kids. Featuring professional guest speakers and practical tips for family well-being.

Workshop Series Includes:

1. Preventive & Physical Health (May1&May8)

Fluoride & Dental Health in Kids

Understanding Childhood Immunizations

Common Childhood Illnesses

Healthy Growth & Development

2. Mental & Behavioral Health (May15&May22)

Supporting Kids with ADHD

Recognizing Mental Health Red Flags

Building Emotional Resilience

The Parents Role in Kids Mental Health

3. Nutrition & Healthy Habits (May29 &Jun 5)

Family Nutrition for Healthy Kids & Feeding Challenges

Hydration and Sugar Awareness

When:

Every Friday

May 1st to Jun 5th ,2026

11:00 AM TO 12:00 PM

Where:

Online

[Kids Health Matters: A Parent Education Series. – Fill out form](#)

For registration contact:

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