

# Mental Health Awareness Month

RethinkCare resources for parents and caregivers to help build mindfulness and resilience practices and manage the challenges of modern-day parenting. For more individualized support, schedule a 1:1 consultation with a Board Certified Parenting Expert [here](#).



## Courses

- Mental Health - Parenting Skills: [Mental Health Skills for Parents](#) course
- Mental Health - Parenting Skills: [Build Up Your Resilience](#) course
- Practice Mindfulness With Your Child: [Daily Mindfulness](#) course



## Tip Sheets & Articles

- Tip Sheet: [Mental Health Awareness: Supporting Your Child's Mental Health](#)
- Article: [Self-Conscious Self Care: How to Prioritize Your Mental Health](#)
- Article: [Work-Life Balance for Working Parents](#)



## Webinars & Podcasts

- Webinar: [From Stressed Out to Your Best Self: How to Manage Emotions as a Working Parent](#)
- Podcast: [How to Talk to Your Kids About Mental Health](#)
- Podcast: [Stress Management for Kids and Teens](#)
- Podcast: [Managing Mom Guilt](#)