

The Plainview - Old Bethpage Central School District Presents

Mental Health Lunch and Learn for Parents

*Hosted by POB School Psychologist and Licensed Clinical
Psychologist Dr. Jessica Macklin*

Some sample topics include:

- Coping with anxiety
- Social media and mental health
- Building confidence in your children
- Parenting struggles
...and more!

Come find support, comfort, and a shared understanding with other parents and caregivers!

[Click here](#)
[for the](#)
[24-25](#)
[schedule](#)

To sign up for our email list and get updates including zoom information: [Click Here](#)

For more information, please contact Dr. Macklin at 516-434-3323 or Jmacklin@pobschools.org

