



Arlington ISD 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:

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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



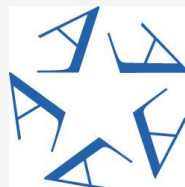
December 19, 2023

6:00–7:00 PM
via Zoom



Register Here

<https://cookcenter.info/Dec19AISD>



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