



MINDFUL PSYCHOLOGY
ASSOCIATES



COLLEGE STUDENTS ...AND MENTAL HEALTH

A Free One-Hour Zoom Webinar for Parents

What are signs of possible mental health issues?

What are the most effective ways to communicate with your student about mental health before leaving this fall? How do parents manage this big change (if a new college student) and work with boundaries, independence, etc.?

**THURSDAY
AUGUST
18, 2022**

4:00 pm – 5:00 pm

TO REGISTER: evanstonpsychologists.com/webinar



ABOUT THE WEBINAR

Registration for the webinar is free. However, we request a \$20 donation be made directly to Sista Afya, a mental health not-for-profit in Chicago. Join us live or register to get the recording. The webinar will include a Q&A session.



SPEAKER: DR. CONTARINO PANNING

Jennifer Contarino Panning, Psy.D., is a Licensed Clinical Psychologist and CEO/Founder of Mindful Psychology Associates. She is a mental health leader and innovator with 20+ years of clinical experience, including college student mental health.



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