

# Caregiver Academy



Are you the parent or caregiver of a teenager?

Does your teen struggle with anxiety, depression, hopelessness or thoughts of suicide?

If so, we invite you to join us for a **FREE virtual series** designed to provide information, resources and support!



## JULY 1

**Welcome,  
Introductions &  
Understanding  
Parental Stress**

## JULY 22

**Managing Family  
Conflict & Setting  
Boundaries**

## JULY 8

**Strengthening Your  
Relationship with  
Your Teenager**

## JULY 29

**Guiding Healthy  
Choices &  
Protective Factors**

## JULY 15

**Adolescent Brain  
Development:  
Work in Progress**

## AUGUST 5

**Mental Health &  
Community  
Resources**

Join us virtually

**12-1 p.m.  
on Tuesdays**

To register, go to  
[nvcf.org/caregiveracademy](https://nvcf.org/caregiveracademy)

Facilitated by **Sara Watts, LMFT**



With experience in private clinical practice and government agency program management and development, and as a social worker and foster parent to teens, Sara has personally and professionally navigated and experienced Butte County resources and services.

Sara Watts is a licensed marriage and family therapist specializing in working with families and teens. Most recently, she has been applying her expertise as clinical lead for NVCF's youth suicide prevention and response initiative, the CARE Team.