

## King Philip, Norfolk, Plainville & Wrentham Schools Parent/Guardian Wellness Education Series

Thanks to all who attended the first event, Let's Talk About Anxiety: Angst, a Documentary. Your survey responses will help us plan future programming. If you attended and did not complete the survey, online form is here, [Angst Event Feedback](#)

[Additional Related Resources](#)

[Crisis Resources/Helplines & Referral Services](#)

If you were unable to attend, we hope you will join us for one or more of the remaining programs.

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Please join us for the next event:

### **Making Sense of Healthcare Financing**

Navigating healthcare financing can create barriers to accessing behavioral health support for children. Our speaker will provide an overview of Mass Health Programs with emphasis on CommonHealth and the pathways to eligibility. She will discuss access to benefits and services, including MA Premium Assistance Program; and explain associated costs. Learn about recent insurance coverage changes in MA for behavioral health services for children for both private and public insurance. For parents of children ages 0-19.

Speaker: Pat Nemia, MA PT

Pat Nemia is the Project Director of Mass Family Voices/F2F Health Information Center at the Federation for Children with Special Needs. Pat has many years of experience in health care as a physical therapist, educator, and administrator. In her role at FCSN, Pat educates and empowers families in health care financing including Mass Health issues.

This program will be offered twice:

#### **February 26, 2020**

6:30 pm  
Wood School  
72 Messenger Street, Plainville  
Need Childcare: [Register](#)

#### **March TBD**

6:30 pm  
Freeman-Kennedy School  
70 Boardman Street, Norfolk  
Need Childcare: [Register](#)

Mark your calendars!

**March 4, 2020, 6:30 pm**

### **Substance Use in Our Community**

Hosted by:  
Healthy KP Substance Use  
Prevention Coalition &  
S.A.F.E Coalition

King Philip High School  
[Flyer](#)



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**April 7, 2020, 7:00 pm**

### **Secret Lives of Teens & Tweens**

Speaker: Jon Mattleman, MA  
King Philip Middle School

**April 15, 2020, 7:00 pm**

### **Social Emotional Learning & Mindfulness for Parenting**

Speaker: Linda Price, M. Ed.,  
CAGS, LEP, E-RYT, YACEP  
Wood School, Plainville

#### **April Events Funded by**



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**May 6, 2020, 7:00 pm**

### **Social Media's Impact on Mental Health: Optimizing the Connection**

Speaker: Susan Reynolds, M.Ed.

King Philip Middle School