



Parent Connect

September 30, 2021 | 5:30 P.M.
VIRTUAL (ZOOM)

Join us for our Parent Connect series for information and learning opportunities from parenting experts and community presenters. Parent Connect focuses on families' strengths to help find solutions and encourage self-care.

Parent Connect is open to any parent/guardian living in Johnson County, Kansas. You do not have to be a client of Johnson County Mental Health Center (JCMHC) to attend.

During this presentation, we will have a dietician discuss how food impacts our children's mood and behaviors. We will explore how the choices we make around food can impact our mood, our day, and our overall relationship with food. Join us to learn healthy eating tips and how to eat healthy on a budget!

Zoom Link: [Click Here](#) |

Questions? Contact Rachael.McDonald@jocogov.org or 913-715-7718