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***Helping Kids Thrive Workshop Attracting Record Sign-ups for the 27<sup>th</sup> Year.***

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A powerful way to learn top tools, tips, and techniques to help you raise your children in a positive way in a challenging, ever-changing world is the focus of the 27<sup>th</sup> annual, free *Helping Kids Thrive* workshop Thursday, October 5<sup>th</sup>, 5:30-9pm at Creighton Middle School, 50 South Kipling Blvd., Lakewood, CO.

“We know parenting is a tough job and we want to help you find the most effective ways to do the best job possible—no matter your kid’s ages—infants to teens,” says Julie DiTullio, Marketing and event coordinator for Jefferson Center for Mental Health. “For the last 27-years, we’ve delivered hands-on, practical information to help you find tested ways to be loving, firm, and encouraging in dealing with the current issues you as parents face today so your kids can thrive.”

*Helping Kids Thrive* was born from a serious need in 1990 when community organizations came together and pooled their resources to help reverse the high rate of youth suicide in Jefferson County. The group generated resources and tools vital to raising healthy kids, and they are now available to parents.

Classes address challenges such as raising your kids from toddlers to teens, how to monitor your child’s social media to help keep them stay safe, parenting in a marijuana-legal world, stress-busters for parents, taming your child’s anxiety, working through trauma, effective co-parenting, and more.

The event is one of the most popular ones of the year with about 300-people attending—full capacity for the space available. Another 200-300 are put on a waiting list in case some who sign up cannot attend. Parents continually repeat that it is one of the most helpful workshops they attend and provides very practical ways to do positive parenting in a constructive way.

Child care is provided so parents can benefit the most from the sessions. Trained staff members engage the kids in games and activities while the parents are in class. *Helping Kids Thrive* is sponsored by Foothills Behavioral Health Partners, Security Central, The Colorado Trust, Jeffco Public Schools, and Jefferson Center for Mental Health.

Jefferson Center for Mental Health is a non-profit community-focused mental health care and substance use disorder provider, offering hope and support to people and families who are struggling.

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