



THE
SEEKING
LIGHT
FOUNDATION

Tools to Emotionally Support Your Child Now and Always

Wednesday, March 10
6pm

St. James School is proud to partner with **The Seeking Light Foundation** and present a special evening for our Junior High Parents

Meet with mental health specialist and trained educational counselor, Colleen Ecker, in an informative primer on how to positively support your Junior High student emotional needs during this challenging school and home environment.

- Tools on speaking to your child, emotionally supporting your child now and always
- Tools to help you help your child open up to you
- Tools to help teach your child emotional and self regulation

Parents are welcome to just listen and learn or join the conversation.

Use the Zoom link or code to join:

[Emotionally Supporting Your Child](#)

Meeting ID: 994 0974 1185 Passcode: 342878

This is a free, open event available to all parents with students in grades 6-8.
Share with family and friends that may benefit.

<https://seekinglightfoundation.com/>
<http://colleenecker.vpweb.com/About-Colleen.html>



Colleen Ecker, MS, CADC-II, CCDP, CIP, Ed.D

Colleen is committed to educating and informing people about addictions and mental health issues. Her goal is to help remove the stigma and shame associated with mental health issues. Her message is...

*there is hope, healing
and help available.*