



**Parent Chat** returns in January bringing light to hidden topics of self-harm, body image, and what caregivers need to know about suicide, while also sharing the strength of grit and gratitude. Coach Sheri Gazitt asks the questions we as parents struggle with, focussing on evidence-based steps to incorporate into our parenting.

If you have not attended a Parent Chat this 2022-23 school year, [Sign up today](#) or at [www.lwsf.org/parentchat](http://www.lwsf.org/parentchat). Not sure? [Sign up](#) and we'll check for you.



Sheri Gazitt, MA  
Teen Wise Seattle  
& Balance in Mind

## UPCOMING PARENT CHATS -WINTER 2023

**January 18**

### WHY KIDS SELF-HARM AND HOW YOU CAN HELP

[Michelle Mitchell](#) is an award-winning speaker, and bestselling parenting author. She is highly sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but left teaching in 2000 to found Youth Excel, a 'boutique' health promotion charity which delivered tailor made life skills programs and psychological services to thousands of young people and their families. Today she uses her experience to write and speak in schools, community events and through media.

Guest [Michelle Mitchell](#)

**February 1**

### GRIT AND GRATITUDE: A POSITIVE IMPACT ON MENTAL HEALTH

Grit is an important part of achieving your goals. Gratitude is reflecting and appreciating things in life. Both of these, especially in combination, boost mental health. Find out how you can foster more grit and gratitude in your home.

Guest [Pam Coburn-Litvak](#), PhD HCC HLC

**March 1**

### BODY CONFIDENCE: HOW TO TALK TO YOUR TEEN ABOUT BODY IMAGE AND EATING HABITS

[Abby](#) is passionate about helping teens and young adults with disordered eating and body image concerns, anxiety, and self-esteem. It's hard to know how to talk to your teen about body image and eating habits, especially because many of us struggle with it as adults! She'll be sharing some pointers about how to talk to your teen about these issues, so you can help them develop a more peaceful relationship with food and body.

Guest [Abby Erickson](#), LMHC

**April 5**

### ASKING ABOUT SUICIDE: WHAT CAREGIVERS NEED TO KNOW

[Megan](#) will engage in the hard to ask questions of how to ask your child whether they have had suicidal thoughts. Question and Answer will include: What does that conversation sound like? Why should parents ask? What do you do if they say yes? We will also discuss how do you support your child a friend is expressing suicidal ideation.

Guest [Megan Reibel](#), M.Ed., Forefront Suicide Prevention

## PAST EVENTS

**December 7**

### WHY KIDS AREN'T TALKING WITH PARENTS: LEARN HOW TO CHANGE THAT

At the heart of every conversation is trust. When you can build this trust, this keeps the lines of communication open between you and your teen. In this Parent Chat, we'll discuss how to create this trust.

Guest [Sheri Gazitt](#), MA, TeenWise

[The recording is available at Balance in Mind's YouTube channel.](#)



Parent Chat recordings are always available for you on topics like Anxiety in Elementary-aged Children or Supporting your Grieving Teen.