

# Mental Health Awareness Month Resources

RethinkCare resources for parents and caregivers to help build mindfulness and resilience practices and manage the challenges of modern-day parenting. For more individualized support, schedule a 1:1 consultation with a Board-Certified Parenting Expert [here](#). All RethinkCare resources are available **at no cost to you**.



## Courses

- Mental Health - Parenting Skills: [Mental Health Skills for Parents](#) course
- Mental Health - Parenting Skills: [Parenting 1: Stress, Parenting 2: Patience](#) courses
- Practice Mindfulness With Your Child: [Create Mindful Moments](#) course
- Try Journaling: [Mindful Parenting](#)



## Tip Sheets & Articles

- Tip Sheet: [Mental Health Awareness: Supporting Your Child's Mental Health](#)
- Article: [Addressing the Mental Load for Parents and Caregivers](#)
- Toolkit: [Family Stress Management](#) (Scroll down to "Extras")



## On-Demand Webinars

- On-demand webinar: [The Power of Mindfulness: How to Train the Mind for Focus and Connection](#)
- On-demand webinar: [From Stressed Out to Your Best Self: How to Manage Emotions as a Working Parent](#)

**Enroll or Login to RethinkCare today!**

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