

# Mental Health Matters 2026



## Free Mental Health Webinar Series for Parents and Caregivers to Support the Youth in their Lives



This webinar series will provide information on common mental health challenges faced by youth today and will offer information, tips, and tools for parents and guardians. It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Health. Rady Children's is on the forefront of youth mental health and wellness and is dedicated to improving the mental health of all children. Spanish interpretation will be provided.

**All webinars**

**6–6:45 p.m**

Followed by an optional, 15-minute question and answer session with the presenter

**Feb. 4** **Disconnect to Reconnect: Reclaiming Attention, Presence, and Peace at Home**  
Katherine Nguyen Williams, PhD  
[sdcoe.k12oms.org/2803-275323](https://sdcoe.k12oms.org/2803-275323)

**Mar. 4** **How Trauma Impacts Children and Youth—and What You Can Do About It**  
Melissa Bernstein, PhD  
[sdcoe.k12oms.org/2803-275326](https://sdcoe.k12oms.org/2803-275326)

**Feb. 18** **The Developing Brain: Understanding Childhood and Adolescence Through a Neuroscience Lens**  
Willard Connor, MD  
[sdcoe.k12oms.org/2803-275325](https://sdcoe.k12oms.org/2803-275325)

**Mar. 18** **The Power of Positive Experiences: Building Resilience at Home**  
Jennifer Goins, M.Ed.  
[sdcoe.k12oms.org/2803-275327](https://sdcoe.k12oms.org/2803-275327)



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