

*Wouldn't it be great – especially during COVID! - if parents could get current information about mental health, alcohol & drug use, and other topics to help us navigate these issues with our kids?*



## ***ARCH provides that information!***

ARCH (Area Residents Caring & Helping) serves as a resource to families as they help their children form a positive self-image, find healthy coping mechanisms, and resist the use of alcohol, tobacco and other drugs. Visit [www.archcares.org](http://www.archcares.org) for more information and/or like us on Facebook. If you'd like to be involved or receive our emails, contact us at [archcares@gmail.com](mailto:archcares@gmail.com).

## ***ARCH programs for the 2020-21 school year***

- *COPING during COVID – How to manage our stress, isolation and fear AND how to help our children manage theirs. Virtual Presentation, Sept 30 at 7:00pm. Link will be shared with all parents.*
- *Dr. Muniya Khanna on Resilience (Rescheduled), Date TBD*
- *Technology and our Children, Spring, 2021*
- *T/E's Got Talent – a variety show featuring staff of all TESD Schools, March, 2021*

## ***Past Programs from ARCH***

- *Minding Your Mind: A talk about depression & suicide ideation, November, 2019*
- *What Parents Need to Know about Drugs and Drug Use, February, 2019*
- *"Have You Had the Conversation", a program for parents of 4<sup>th</sup> – 8<sup>th</sup> graders, TBD*
- *Get the Facts on Vaping, April, 2018*
- *Chris Herren – UNGUARDED: A Story of Addiction & Recovery, 7pm, October 3, 2018*
- *A Better High, presentation to 8<sup>th</sup>-10<sup>th</sup> graders and parents, November, 2017*

## ***ARCH collaborates with other organizations***

ARCH is a collaboration of parents, TESD educators, and community members committed to promoting the well-being of youth in Tredyffrin and Easttown townships. Our partners include the Tredyffrin & Easttown Police Departments, Main Line Health, Minding Your Mind and Holcomb Behavioral Services.