

Wouldn't it be great if parents could get current information about mental health, alcohol & drug prevention and use, and similar 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, nicotine and other drugs. Visit 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.

ARCH programs for the 2023-2024 school year

- *Helping Your Anxious Child, Fall, 2023*
- *Parent 2 Parent: Small group discussions for parents of teens, Bi-Monthly*
- *Youth Mental Health First Aid Training for Parents, Dates TBD*
- *'Hiding in Plain Sight' PBS Documentary, Date TBD*

Past Programs from ARCH

- *Cannabis and Kids, Oct, 2022*
- *Impact of Social Media on Emotional Wellness, Nov, 2022*
- *One Pill Can Kill, April, 2023*
- *Understanding Anxiety & Suicide, March 2022*
- *Parenting Teens and Pre-Teens, Feb 2022*

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 Be A Part of the Conversation.