

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 2022-2023 school year

- *Transition to Middle School for Parents, September 2022*
- *Healthy Kids Series, Fall, 2022 including topics such as Healthy Relationships, Boundary Setting, and Marijuana Use Among Teens, Fall 2022*
- *Youth Mental Health First Aid Training for Parents, Dates TBD*
- *T/E's Got Talent – a variety show featuring staff of all TESD Schools, March 2023*
- *Transition to College for Senior Parents, May 2023*

Past Programs from ARCH

- *Understanding Anxiety & Suicide, March 2022*
- *Parenting Teens and Pre-Teens, Feb 2022*
- *COPING During COVID, November 2021*
- *Dr. Muniya Khanna on Resilience, January, 2021*
- *Cannabis: It's Complicated, March 2021*
- *College Transition Event, May 2021*
- *Minding Your Mind: A talk about depression & suicide ideation, November 2019*
- *What Parents Need to Know about Drugs and Drug Use, February 2019*

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.