

# Immigration and How It Affects Our Children's Mental Health



The Bergen Hub  
SUPPORTING BERGEN COUNTY

## *Is immigration impacting your child's well-being?*

This informative webinar explores the unique challenges children of immigrants face and how these can affect their mental health. We'll delve into: The impact of separation and uncertainty on a child's sense of security and belonging. Coping with cultural adjustments and language barriers. Identifying signs of anxiety, depression, and other mental health concerns. Strategies for building resilience and supporting your child's emotional well-being.

**Join Us On**

May 7th, 6:00PM - 7:00PM

***Scan Below to Register!***

