

# Confident Connections

Confident Connections is a collection of resources designed for parents and caregivers of children in grades K-12 to learn about and support youth mental health.

Supporting youth mental health is firmly grounded in a strong relationship – *a confident connection* – between parent and child.



## Free Resources for Parents & Caregivers

Scan the QR code or visit the Confident Connections website to find over 30 free resources, ranging from conversation starters to family activities.

Confident Connections resources provide guidance to engage in meaningful conversations, activities to connect in authentic ways, and information to deepen parents' understanding of youth mental health.



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**ACTION** FOR  
HEALTHY  
KIDS

[confidentconnections.org](https://confidentconnections.org)

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