



Covenant  
Parent Connection  
Open Meeting



**Friday, January 26th | 8:15am | CCA Cafeteria**

Parents, please join us for the Covenant Parent Connection open meeting to find out how you can support upcoming activities and events. Stay for our third Covenant Commentary to take place during the open meeting.

**Covenant Commentaries** are 17-minute talks from a sampling of Covenant's thought leaders on important and timely topics relevant to our thriving community.

**Commentary 3 | January 26, 2024:**



**Investing in Mental Health**

By Jillian Isabella, LMHC, CCA Counselor, CCA Parent

Jillian will address questions like "What are the lifelong benefits of prioritizing mental health care for our children?", "How can we, as parents, invest practically in our children's mental well-being?", and "Why should we invest in this alongside academic, athletic, artistic, and faith education?"

*Save the Dates for the next Covenant Commentaries:*

Commentary 4 | March 1, 2024

Commentary 5 | April 5, 2024

Commentary 6 | April 26, 2024

*If you have questions about the Covenant Parent Connection, please contact Andrea Bergstrom, Grammar School Principal, at [andrea.bergstrom@ccamail.org](mailto:andrea.bergstrom@ccamail.org). For questions about Covenant Commentaries or to suggest topics for future Commentaries, please contact Nicole Williams, Chief Advancement Officer, at [nicole.williams@ccamail.org](mailto:nicole.williams@ccamail.org).*