

End of School Year Resources

May marks Mental Health Awareness Month—a powerful reminder of the impact early, effective care can have on young lives. At [InStride Health](#), we're committed to **supporting young people (ages 7–22), their families** and their care system, **navigate anxiety and OCD** with evidence-based, compassionate care.



Upcoming Webinars and Events

Free Weekly Caregiver Sessions

Parents and caregivers can feel overwhelmed and alone as they navigate caring for a young person with anxiety and/or OCD. That's why, we offer **free, weekly sessions** with one of our clinical leaders, Taylor Wilmer, PhD, ABPP to:

- Learn practical, evidence-based strategies
- Gain tools to support their young person
- Foster their resilience and long-term growth

We encourage you to share this flyer with your families as they navigate anxiety and/or OCD.

[Download Flyer](#)

Professional Webinars

School may be winding down, but your efforts to support young people in our shared community don't! As you plan ahead, please join us for our next few clinical webinars which are all at either 1pm or 2pm ET:

- **Emetophobia** (fear of vomiting): Tuesday, June 10th
- **Panic Disorder**: Tuesday, July 8th
- **School Avoidance**: Tuesday, September 16th

Sign up for registration notification [here!](#)

[Sign Up](#)



Parent and Caregiver Resources

Our goal is to empower young people and families with resources that foster resilience, connection, and growth. We encourage you to explore and share this educational content with the families as they transition into summer.

Explore the [InStride Health Resources Page](#) to see a variety of educational articles and blogs

Read "[Strategies for Transitioning from the School Year to Summer](#)" to prepare for summer break

Follow **weekly educational videos** and content on our [Instagram](#) and [Facebook](#) pages