



# Ascent Wellness

## Rooted & Resilient

**Free Parenting  
Workshop**

Join us for a hands-on workshop designed for parents navigating the unique joys and challenges of raising neurodivergent children with mental health needs.

Together, we will explore your child's symptoms, strengthen skills for navigating struggles, and build the resilience needed for safety and suicide prevention. While we talk about strategies, you will create a custom take-home planter. All materials are provided at no cost!

### **When & Where**

May 16<sup>th</sup> from 9 - 1  
at

Sweet Highland Ranch  
30649 114<sup>th</sup> St NW  
Princeton, MN 55371

### **Register today!**

[jlarrison@ascentwellness.org](mailto:jlarrison@ascentwellness.org)

Register by 5/4/26

Seating limited to 12

[www.ascentwellness.org](http://www.ascentwellness.org)

 612-499-1621

 [info@ascentwellness.org](mailto:info@ascentwellness.org)

**988** | SUICIDE & CRISIS  
LIFELINE