

Raising Holistically Well-Grounded Children

We currently live in a world where depression and anxiety has increased amongst our children. As parents, we need to address parenting differences by prioritizing emotional resilience over academic “success,” while also finding constructive tools to navigate various developmental stages. Join Charise Casiano as we discuss what it means to change the narrative of “mental health” for our families.

TUESDAY, NOVEMBER 29, 2022

6:00 P.M.

ST. JUNIPERO SERRA CATHOLIC SCHOOL

Charise Casiano, MS is a Licensed Marriage Family Therapist who began her private practice in Orange County in 2001 and later founded Renew Psychotherapy in 2007. Mrs. Casiano’s professional journey has included working with juvenile delinquents, foster care, and adoption agencies. She spent two years working in East LA at homeless shelters and medical care facilities. Prior to her move to Orange County, she was a junior high teacher, was a youth minister and consultant for various dioceses within California, and spent time doing missionary work throughout the United States. Mrs. Casiano currently divides her work with her private practice, speaking engagements, and consulting with various schools and small businesses. She takes a proactive approach in her therapy, focusing on education and choices so that her clients learn to make constructive and positive choices, despite where they come from and life stressors.

