



# Livingston County Families *join our next Mental Health Series...*

## **Bullying - Stop the Cycle**

Parents can help stop the bullying cycle

**Course Created by:**

Dr. Melissa Lopez-Larson, M.D.

Bullying is growing exponentially over the past several years. Learn how to identify bullying, treatment options, strategies for prevention, and more.

**This session covers the following:**

- What bullying is and isn't
- Who bullies and who gets bullied?
- Stopping the bullying cycle
- Bullying in social media
- Bullying in school
- Bullying in sports



# March 14, 2024



## 6:30-7:30 PM via Zoom

or check your local district website for an onsite viewing location

Sponsored by

Livingston Sunrise  
**Rotary**  
Club



*"Helping parents, help their kids"*

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<https://cookcenter.info/March14Livingston>



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