A PARENT'S GUIDE TO CHILD & TEEN MENTAL HEALTH

THURSDAY, MARCH 24, 2022
7-9PM, BOROUGH SCHOOL AUDITORIUM

ONE OF THE BIGGEST CHALLENGES FACING OUR CHILDREN TODAY IS MENTAL HEALTH. MORE AND MORE CHILDREN, TEENS, AND ADULTS ARE STRUGGLING WITH DEPRESSION AND ANXIETY. IT'S IMPORTANT TO ENSURE THAT WE AND OUR CHILDREN FEEL SUPPORTED AND HAVE THE SKILLS FOR GOOD MENTAL HEALTH AND TO HANDLE MENTAL HEALTH CHALLENGES WE MIGHT FACE.

THE MORRIS PLAINS MUNICIPAL ALLIANCE COMMITTEE (MPMAC) INVITES PARENTS TO ATTEND THIS IMPORTANT AND INFORMATIVE PROGRAM!

Audra Tonero (Cross-Street Counseling) and Carmen Vasto (Vasto Counseling), both experienced Licensed Professional Counselors (LPC), will speak about:

- Tools to help children alleviate stress
- How to build good mental health
- How to help a child or teen who is experiencing anxiety, depression, or suicidal thoughts
- How to find resources for more support
- The presentation will be followed by a question and answer session

Register to attend at https://tinyurl.com/2022mentalhealthtalk

Funded in part by GCADA (Governor's Council on Alcoholism and Drug Abuse)