

FREE

MENTAL HEALTH SERIES FOR PARENTS OF YOUTH

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ENDING THE SILENCE FOR FAMILIES

WED, OCT. 11, 7 P.M.

Families will learn mental health facts, statistics, warning signs, and how to talk to youth, and school staff. *Presented by the National Alliance on Mental Illness (NAMI) DuPage Chapter*

SOCIAL MEDIA SAFETY STRATEGIES

WED, OCT. 18, 7 P.M.

Parents will learn about the negative impact of social media on the mental health of youth. *Presented by Donna Bartlett LCSW, Ascension (formerly Alexian Bros. Hospital)*

POST PANDEMIC COPING

WED, OCT. 25, 7 P.M.

Parents will learn healthy relationship techniques to counter teen substance abuse, porn, vaping, and sex. *Presented by John F. Williams, MEd, LCPC, No. IL Crisis Intervention Team (CIT) Regional Coordinator*

RESOURCES & REFERRALS

WED, NOV. 1, 7 P.M.

An overview of mental health and social service resources. *Presented by Kathy McNamara, LCSW, Carol Stream Police Dept Social Services Supervisor and Sandra McDonnell, Exec. Dir., Navigate Adolescence K-8*



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