



KEYNOTE SPEAKER
DR. JOHN
DUFFY
PSYCHOLOGIST,
BEST SELLING AUTHOR
AND TEEN MENTAL
WELLNESS EXPERT

**REGISTRATION
&
EVENT DETAILS**

[HTTPS://MENTALHEALTH2025.
EVENTBRITE.COM](https://mentalhealth2025.eventbrite.com)



MENTAL HEALTH & WELLNESS IN 2025

JANUARY 22, 2025
6:30 PM - 8:00 PM

RESOURCE FAIR BEFORE AND AFTER

Lyons Township High School - Reber Center
100 S Brainard Ave, La Grange, IL 60525

A PRESENTATION AND RESOURCE FAIR ON

- mental health conditions impacting kids and adults
- when and how to seek support
- how to build emotional resilience
- strategies for managing stress, anxiety, and depression

THANK YOU TO OUR SPONSORS



ALSO FEATURING REPRESENTATIVES FROM:



LIVE SPANISH AND ASL INTERPRETATION